



HANG OUT WITH YOUR BESTIE
IT'S NOT ABOUT TO-DOS, IT'S ABOUT TODAY
Learn more at todaylist.ca

**TAKING A LOOK AT
AMY'S FATAL FAME**
metroLIFE

Halifax metro



Your essential daily news | TUESDAY, MAY 19, 2015

High 19°C/Low 6°C Sunny and warm [Twitter](#) [Facebook](#)

Navy buys on eBay

SPARE PARTS

Keep HMCS Preserver on duty, Halifax techs told

Newly released government records show that navy mechanics in Halifax had to scour the Internet and use eBay to find parts for one of two supply ships.

But the briefing notes obtained by The Canadian Press, prepared for navy commander Vice-Admiral Mark Norman, show the technicians were fighting a losing battle to keep HMCS Preserver on duty.

The documents show many of the parts on the 45-year-old ship were "beyond acceptable limits" because corrosion issues had begun to compromise the vessel's structural integrity.

National Defence said last year that both Preserver and

its sister ship HMCS Protecteur — gutted by a dangerous at-sea fire — would be retired before replacement ships arrived.

The notes make evident the department's frustration that the ships were not retired on schedule. Technicians would fix one broken part and "once this is fixed, the next question is which equipment or system will be the next to fail."

Since the original manufacturers long ago stopped making spare parts, a "disproportionate amount of time" was being used to source replacements, "some of which have been procured via eBay," the documents found.

THE CANADIAN PRESS

CEREMONY

HMCS Protecteur was recently decommissioned, while a formal ceremony for HMCS Preserver has to be announced.



Not just a hop, skip and a jump

A member of the Calgary Jump Crew competes in the Masters Single Rope Freestyle portion of the Rope Skipping National Championships at the Canada Games Centre on Monday. The sport is more than just the jumping you'll see on a playground. See [metroNEWS](#). JEFF HARPER/METRO



Granville Street to green in 15 minutes.

The Links at Brunello opens June 15th. Come for a golf course tour, daily from 10am to 8pm.
Active listings online! Exit # 3 off the 103 Sales Centre Open House, Sundays 2 to 4





Thousands take part in the 'people's marathon'

BLUE NOSE

Annual event was another huge success, organizers say

Kristen Lipscombe
Metro | Halifax

What's a Blue Nose Marathon without a little fall of rain?

Light showers didn't stop about 12,000 runners and walkers from hitting the Halifax pavement over the weekend for the 12th annual event, which executive director Gina Brown calls "the people's marathon."

"A number of marathoners said 'this is great,' it just gets me off to a good start," Brown said Sunday afternoon of the city's typical grey skies, as the last racers of the day crossed the finish line just outside the Scotiabank Centre downtown. "It's a very good temperature ... for runners."

Hannah Farrell, 16, smiled widely through shivering as she accepted her medal for finishing first in the full marathon in her age category, with an official time of three hours and 36 minutes. She was fifth overall for female racers.

"It's awesome," the Herring Cove teen said as she wrapped herself in a large foil sheet to warm up.

The full marathon schedule took place over two days, with the youth and 5K events taking place Saturday and the 10K, half marathon, full marathon, and relay events Sunday.

Maritimers snagged five of the six top spots in this year's full marathon, with Matthew White of Dartmouth winning the men's race, and Mar-



Runners get ready for the 2015 Blue Nose Marathon on Sunday. PHOTOS BY JOSH BROWN/FOR METRO

lena Dlutek of Beaver Bank finishing first among the women.

Olympic silver medallist Abel Kirui of Kenya won the men's half marathon with a time of 1:04:03.

For Mandy Grace, 30, and Gwyn Mason, 24, simply finishing their first-ever half-

marathons were huge accomplishments for the friends from Bridgewater who now live in Halifax.

"I've done a lot of 10Ks and figured it was time to challenge myself to go a little bit further," Gwyn said. "It was great — faster than I actually expected, but within my goal. The hills are brutal, but the crowds keep you going."

Mason also hit her time goal as well, but said the second half of the race was

tough. "The fatigue starts to set in and then it becomes more of a mental game than a physical thing."

"But it was great," Mason said. "Everyone was really spirited, even though it's not the nicest day out."

In addition to the athletes themselves, Brown said about 1,500 volunteers help make the Blue Nose Marathon happen, while hundreds of supporters lined up along the race routes to cheer on both family members and strangers from start to finish line.

Halifax resident Bruce Kilburn, 45, gave his time to the event alongside fellow Canadian College of Massage and Hydrotherapy students, who offered free treatment to runners on the arena level at the Scotiabank Centre.

"It's a great learning experience," he said. "It's awesome to actually volunteer through the school."

Finishing a marathon is the best feeling.

Hannah Farrell, 16

RACE RESULTS



Runners off to the races at the start-finish line.

Full Marathon - Male

1. Matthew White, Dartmouth — 2:37:00
2. Kris Taylor, Hunter River, P.E.I. — 2:45:01
3. Bryan Hipson, Yarmouth — 2:46:42

Full Marathon - Female

1. Marlene Dlutek, Beaver Bank — 3:18:09
2. Mary Astle, Fredericton — 3:24:28
3. Damara Nickerson, Toronto — 3:26:06

Please visit bluenosemarathon.com for full results

Half-Marathon - Male

1. Abel Kirui, Kenya — 1:04:03
2. Jason Guy, St John's — 1:19:43
3. Patrick White, Halifax — 1:21:43

Half-Marathon - Female

1. Sara Earle, Bedford — 1:29:21
2. Abbey Shaw, New Glasgow — 1:29:24
3. Leah Jabbour, Halifax — 1:29:59

THE REAL WINNERS

Money raised for 18 charities

Three volunteer coaches from the local Leukemia and Lymphoma Society's branch were decked out in green and purple as they made their way around the route to motivate a couple of dozen runners who raised about \$70,000 this year for cancer research.

This year's Charity Challenge at the Blue Nose Marathon was bigger than ever, with 1,200 running or walking for 18 charities.

"We run with them and check in with them and say 'Do you need fuel?' 'Do you need water?' ... How do you 'feel?'" Phil Diochon said of the Leukemia and Lymphoma's team-in-training program. "We coach them along for their fundraising goal and we coach them along for their run — nutrition, hydration, everything."

"We have two full marathoners left, so that's where we're heading right now to go pick them up and run back with them," Mallory Pettigrew said near the end of the run. Pettigrew stood out on the street wearing a purple tutu. "We trained once a week, every Saturday morning."

"The best part is running our runners in; seeing them finish and accomplish their goals," Marg Foster said.

"With big smiles on their faces," Pettigrew agreed.

The Blue Nose Marathon also collected about 1,500 pairs of gently used running shoes, as well as new athletic socks, for its Shoe Mountain and Socks for Soles programs, Brown said. The footwear "will be distributed to people in need in Nova Scotia."

"We had a great turnout from both elite athletes and the recreational part of the community," she said of the diverse Blue Nose Marathon participants, from those who ran the course to those who helped out or cheered from the sidelines. "We're delighted."

KRISTEN LIPSCOMBE/METRO

\$500K

The amount expected to go to charities from the Blue Nose Marathon.

CRIME

Man accused of luring

Police are looking for a man who allegedly tried to lure a 14-year-old girl into the vehicle he was driving in Lower Sackville.

RCMP say the incident happened Friday at around noon on Lively Road.

Police say a man driving a large white truck drove past the victim three times, and each time, he made inappropriate comments, including for her to come into his vehicle.

The man is described as a white, between the ages of 30 and 40, and having orange/red-dish hair. The vehicle he was driving had bulging rear tires.

"The RCMP encourages parents to reinforce with their children the importance of not talking to strangers and reporting suspicious incidents to a trusted adult," a RCMP release stated on Saturday.

Anyone with information is asked to contact police or Crime Stoppers.

METRO

IN BRIEF

Two girls alleged victims of flasher in Fall River

Police are searching for a man after he exposed himself to two young girls in Fall River.

Police say that shortly before 6 p.m. Friday, a man driving a gold van parked on St. Andrews Drive got out of his vehicle and walked to the back where he reportedly exposed himself. The suspect is white, in his 40s and overweight, with brown hair. He was wearing beige shorts, a black T-shirt and a red bandana on his head. METRO

Motorcyclist strikes deer, badly injured on Hwy 102

ROADS

Crash comes just days after fatal collision



Philip Croucher
Metro | Halifax

Police say a 59-year-old motorcyclist suffered life-threatening injuries after he struck a deer

while driving on a busy stretch of highway.

The crash happened around 8 a.m. Monday between exits 11 and 12 on Highway 102 in the Brookfield area.

The man from Stewiacke was the only person on the motorcycle and was driving northbound when he hit the animal.

"It was a fairly serious collision between the motorcyclist and deer," said Nova Scotia RCMP spokesman Cpl. An-

This is one of those incidents where one second either way could've made all the difference.

RCMP spokesman Cpl. Andrew Joyce

drew Joyce.

This is the second serious collision involving a motorcyclist in the province in under a week, as more and more drivers take to the roads with the return of warm weather.

Last Thursday, a 52-year-old

man was killed when he lost control of the motorcycle he was driving on Brooklyn Street in Weston and crashed into a ditch.

The man from Annapolis County died at the scene.

"You have to be more alert

and more cognizant than in if you were in a motor vehicle," Joyce said of those who drive motorcycles. "They take on a little more risk and everyone is aware of that."

The man who hit the deer on Monday was taken to Colchester Regional Hospital and then flown to Queen Elizabeth II hospital in Halifax.

One lane of Highway 102 was closed for much of Monday as officers investigated the crash.



MARITIME TATTOO FESTIVAL MANPOWER Russ Foxx, an artist with Body Modification and Ritual Suspension, pulls a RatRod loaded down with people, using only one hook in his skin, during the ninth annual Maritime Tattoo Festival, Monday at the Halifax Forum. The event celebrated all things tattoo and piercing.

JEFF HARPER/METRO



Don't put your life on our line.

This season, prevent a senseless tragedy by steering clear of train tracks. Not only is riding an ATV on a railroad's right of way illegal, you may be too focused on having a good time to hear a train coming.

If you witness any unsafe behaviour near the railroad, call CN Police at 1-800-465-9239 and help save lives.



all aboard for Safety

CN
cn.ca/ridesafely



Georgian Jumpers member Katie Partridge, from Ontario, competes Monday in Masters Single Rope Freestyle, at the Rope Skipping Canada National Championships. JEFF HARPER/METRO

Roping in talented athletes

COMPETITION

Win for N.S. helps show off little-known, rigorous sport



This isn't your schoolyard jump rope.

Dozens of teens from around the country competed during the last day of the Rope Skipping Canada National Championships on Monday.

On Monday, ropes whizzing around their heads and under their feet as they leapt through the air.

"It takes practice, a lot of practice," said Kenzie Hallett, 14, of Team Nova Scotia, while watching friends and competitors during the master's individual freestyle category.

Competitive rope skipping looks like a combination of dance, gymnastics and aerobics. Athletes pulled one-handed cartwheels alongside tricky footwork, winding the rope around different parts of the body as upbeat music pumped through the Canada

Championships on Monday, ropes whizzing around their heads and under their feet as they leapt through the air.

If you got hockey players in here trying to do skip, they wouldn't have the easiest time.

Kenzie Hallett, 14, of Team Nova Scotia

Games Centre.

Hallett said the judges give scores on difficulty as well as creativity.

"I like to make attitude in the routines; I find that's the funnest part," Hallett said with a smile.

Although Hallett said she wouldn't know her individual ranking until later on Monday, she was excited Nova Scotia came in first overall Sunday

in the group category.

For Sam Ashley, coach and senior member of Team Nova Scotia, he said he loves the sport for the possibilities of what you can do in a routine, like how one athlete could be more of a powerful jumper while another is more graceful and creative.

"There's a lot more to it than just being on the playground," Ashley said. "There's a whole

new stream of in-depth development skills that you can tap into."

One of Team Alberta's jumpers, Anj Leger, was competing with an extra accessory during the four-day event: A medical boot.

Leger said that although she tore three tendons in her foot during a January competition and has been on crutches ever since, she couldn't let her team

down and has been competing as best she can, with alternates on occasion.

For both Leger and Hallett, competition is great, but the best part of skipping is the close-knit community and people you meet.

"You're supportive, and it doesn't really matter what happens on the competition floor; this sport is here for friendships," Leger said.

Interviews for June 2015 workshop start in May



Tara MacDonald
Fit Club

taramacdonaldfitclub.com Email: taramacfitclub@gmail.com

Sign up today!

4 or 5 weeks depending on the time of year / 3 nights a week
Located in Dartmouth / Personal Trainers lecture on health related topics
Personal Trainers lead us in resistance bands and Nordic Pole Walking
Guest Speakers / CTI Coaching by Tara MacDonald

Summer Special: Total cost is \$495.00 + HST

Join us at our May 31st Zumba - Nia Fundraiser for the Canadian Mental Health Association. Proud to support Halifax Fitness Week May 24th-30th, 2015!

N.S. beers witness to the craft

EVENTS

Local brewers feel hoptimistic about future of the industry

Lucie Edwardson
For Metro | Halifax

For craft beer lovers, it was heaven: A full week filled to the brim with the best ales Nova Scotia has to offer.

The first annual Nova Scotia Craft Beer Week saw a slew of events — including Symphony Nova Scotia's Beer and Beethoven, the Beer Cocktail Face-Off at Auction House and the Science of Beer at the Discovery Centre — all celebrating the province's growing craft beer industry.

Within the last three years, the province's craft beer industry has flourished from a mere five breweries to an impressive 21.

Emily Tipton, co-owner of Boxing Rock Brewery and a member of the Craft Brewers Association of Nova Scotia, helped to organize the inaug-



Katie Perfitt, Joanna Brenchley and Robin Tress celebrate the Craft Beer Week full house on Saturday. LUCIE EDWARDSON/FOR METRO

ural celebration, and said it has been an incredible success.

"The full house has been sold out for about six weeks now, and at first I thought 1,300

people would be hard to do," she said on Saturday, which was the last day of the festival. "But it has really taken off and done so well."

Tipton said that the week has allowed brewers to come together and support each other as well as educate others about what craft beer is.

"What we are trying to do with Craft Beer Week is to make people more aware of what craft beer is," said Tipton.

"Craft beer is local beer, craft

“

I think it is just a million times better than most other beer you can get.

Joanna Brenchley

beer is made in small batches by people by hand with all natural ingredients and it is a completely different thing than buying mainstream beer from the beer store."

Jeff Green, sales manager for Garrison Brewery, said the week let brewers show the strength of the province's industry.

"There are all kinds of great new people on the scene and something like this basically brings to light tremendous industry we have here in Nova Scotia," he said.

Joanna Brenchley said she and her friends had been looking forward to attending the full house on Saturday for months, and they were not disappointed.

"I think the local beer industry here is amazing," she said.

CAN YOU SPOT THE DIFFERENCES?



1. Garbage bags 2. Bushes 3. Light



By using clear garbage bags instead of dark bags you'll help reduce the amount of waste that ends up in our landfills. One dark bag is allowed for privacy.

For more information, visit halifax.ca/recycle or call 311.

Man rescued after kayak capsizes

MARGAREE RIVER

Whistle credited with saving his life

RCMP say the whistle a man was carrying when his kayak overturned Saturday in the Margaree River played a key role in his rescue. Const. Ron Helpard of the Inverness RCMP said the

51-year-old Margaree man was kayaking alone when his boat struck something and capsized.

"The current carried him down river from where that happened, quite a ways," said Helpard. "He had one attempt to grab on to something, but couldn't right himself on top of it. He floated further down and finally was able to grab on to a tree stump and pull himself on top of that."

A nearby resident called 911 at about 4:25 p.m. Crews from the North East Margaree and the Margaree Forks fire departments worked to save the man and got him out shortly before 6 p.m.

"The whistle is really what saved him," said Helpard. "The point of the river he was on, there were no residences right there that anyone would ever hear someone calling for help over the sound of the current,

STATUS

Outside of a few bumps and bruises and weakness from the cold water, he was OK.

but a resident off the main road heard the whistle and sent her husband down to investigate and found him there."

CAPE BRETON POST



Rescue crews saved a man who was found clinging to a tree stump on Saturday afternoon, after his kayak capsized on the Margaree River. CAPE BRETON POST

LOST TEEN

Police searching for missing girl, 15

Police are asking for the public's help in finding a 15-year-old girl who was last seen on Thursday.

Tipi L'Heureux attended school at Citadel High during the day Thursday but missed her last class, according to a Halifax Regional Police release.

L'Heureux was last seen at 7 p.m. walking on Lacewood Drive near the 102 overpass. She didn't return to her Halifax home, and was reported missing at 11 p.m.

She is described as an aborig-

inal female, five-foot-two 135 pounds, with black-rimmed glasses, brown eyes and long, curly, dark-brown hair that has blond highlights.

L'Heureux was last seen wearing a navy blue hoodie, jeans shorts, long white socks and blue sneakers, and was carrying a backpack.

There is no information to suggest L'Heureux has met with foul play, but police say they are concerned for her well-being.

METRO

RCMP

Laser pointed into cockpit of plane

The RCMP says it is investigating after a laser was pointed at a small aircraft on Friday in Eskasoni. Police say a Diamond A20 two-seat aircraft had to divert back to the airport in Sydney shortly before 2 a.m. because the pilot's vision was impaired when a laser beam was pointed into the cockpit.

The plane was on its way to Moncton, N.B. The Mounties say

the laser beam was pointed into the cockpit three times, while the plane flew over Eskasoni.

The RCMP patrolled the area where it is believed the beams originated but could not find any suspects. Cpl. Greg Church says the penalty for aiming a laser into a cockpit is a \$100,000 fine, five years in prison or both, under the Aeronautics Act.

THE CANADIAN PRESS

WANTED SEVERAL HOMES IMMEDIATELY

Several homes in your area will be given the opportunity of having a metal roofing system installed on their home at a reasonable cost. This lifetime product is capturing the interest of homeowners across the country who want to know this will be the last time they will have to re-roof their home. Our product is environmentally friendly and comes with a lifetime, transferable warranty with an excellent choice of colours to compliment your home and is going to be introduced to your local market. Your home can be a show place in your neighbourhood. We will make it worth your time to investigate the many benefits of metal roofing. **Year-round Service.**

PLEASE CALL TOLL FREE: 1-866-956-1919

Autobahn for All Sales Event

2015 Tiguan 2.0T Trendline

UP TO A

\$3,500
DISCOUNT*



Highline model shown



Highline model shown

2015 Jetta 2.0L Trendline

Monthly lease starting from the equivalent of

\$69 bi-weekly
for 48 months* **1.9%**
Lease APR
\$2,541 down payment



Highline model shown

2015 Passat 1.8L Trendline

Monthly lease starting from the equivalent of

\$89 bi-weekly
for 48 months* **1.9%**
Lease APR
\$5,281 down payment



Das Auto.



Hillcrest Volkswagen

3154 Robie Street, Halifax, NS B3K 4P9 – (902) 453-2790

*See Hillcrest Volkswagen for details. Taxes and fees extra.

hillcrestvw.com

DEATH**Police recover body of Cape Breton boater**

Police divers in Nova Scotia have located the body of a Cape Breton man who had been reported missing Sunday night.

Cape Breton Regional Police say that 57-year-old Cyril Lahey was last seen in an aluminum boat travelling along the Mira River in the Albert Bridge area.

Divers recovered his body at approximately 3:30 p.m. Monday afternoon.

The boat had been located earlier in the day.

Staff Sgt. Paul Muise says the man had not been wearing a life jacket.

Muise says police are not suspecting foul play but are awaiting the results of an autopsy.

Police set up a command post at the Mira River Provincial Park during the search, which involved fire crews, the Canadian Coast Guard and a search-and-rescue team. THE CANADIAN PRESS

Province needs long-term immigration vision: Report

POPULATION

Study says N.S. must attract and retain new Canadians

Members of focus groups commissioned by the provincial government last year were critical of the immigration process in Nova Scotia and felt that a long-term vision for the province was lacking.

A report done by Corporate Research Associates based on the results of nearly a dozen focus groups conducted in June 2014 says participants felt the province wasn't sufficiently focused on its future potential for attracting and retaining new Canadians.

"Stakeholders consistently acknowledged that the province

appears to lack a clear, long-term vision for immigration and appears ineffective at articulating its plans and anticipated goals," said the report, obtained through provincial freedom-of-information law.

But Suzanne Ley, acting executive director of the Immigration Department, said much has changed since the focus groups were held. In fact, the report helped form the government's action plan for immigration over the past year, she said.

"We've really come a long way since last year," said Ley in a recent interview. "I think from a stakeholders perspective, we've engaged them along the way and they would see that vision now."

Ley said the department has streamlined the application process, launched a new website and is focusing on

71%

The province says 71 per cent of immigrants who arrived in Nova Scotia from 2007 to 2011 stayed in the province.



Shufen Wu takes a photo of her son Joe, 4, during a citizenship ceremony at the Dartmouth North Community Centre last October. JEFF HARPER/METRO

retention through new immigration streams for skilled and educated immigrants.

Last week, the province launched a new immigration stream geared toward international students who have

worked in the province for at least a year.

The stream is part of the provincial nominee program, in which the province nominates immigrants to the federal government for permanent residency.

Nova Scotia is allowed to nominate 1,050 immigrants this year, up from 700 last year. Nova Scotia exceeded its cap last year, requesting and nominating 17 additional immigrants.

THE CANADIAN PRESS

LIFE BEGINS WITH LASIK.

Live life to the fullest with a lifetime of savings.

Starting at \$490 per eye*

LASIK MD
VISION

Book a free consultation at 1-855-301-2020 or lasikmd.com



Calculate your savings at lasikmd.com



*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490 per eye and Custom LASIK starting at \$1,750/eye. Applicable to surgery on both eyes only. Other conditions may apply.

Human rights suit filed over medical marijuana

COURTS

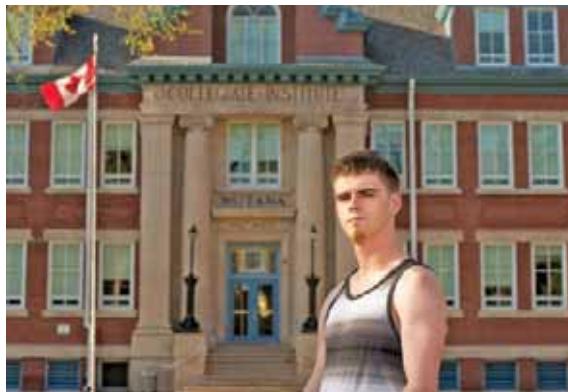
Student denied permission to smoke prescribed pot

Michael Wileniec used to walk across the street from his Saskatoon high school several times a day and hang out with the rest of the smokers, although he was the only one puffing on prescribed medical marijuana.

His routine ended earlier this year when school officials told him he could not smoke prescribed weed on school grounds, nor could he attend classes while under its influence. Wileniec fought the ruling before the school board and lost.

"We got a reply back from the superintendent saying there's no need for medical marijuana in the school and that a student under medical marijuana is a safety hazard," the 21-year-old said.

Wileniec has filed a human



Michael Wileniec has a prescription for medical marijuana due to a rae bone disease. LIAM RICHARDS/THE CANADIAN PRESS

rights complaint and lawyers believe he's the first student in Canada to do so.

The case is not likely to be settled by the time Wileniec graduates from Nutana Collegiate at the end of June. But he says it's an important fight that he'll continue for others.

Wileniec was seven when he

was diagnosed with hereditary multiple exostoses, a disease in which benign tumours grow on his bones and into his joints, often pinching nerves. He's in constant pain.

Medical treatments have delayed his progress. That's why he enrolled three years ago at Nutana, a community school

that focuses on academic upgrading and career training. It was around that time that his doctor gave him a prescription for medical marijuana. Wileniec says pot works better for him than painkillers, dulling the agony while allowing him to focus on classwork.

The school was OK with it at first, Wileniec says, provided he smoked off grounds. But when he took an 18-month hiatus to have his left leg lengthened, a painful process involving screws, he returned to find new officials and new rules.

His lawyer, Heather Funk, says it's obvious her client is being discriminated against, since other students are allowed to take medications at school. Wileniec's family had suggested he use a vaporizer in the nurse's office, making the marijuana virtually odourless. The school said no.

A spokeswoman with Saskatoon Public Schools says the division addresses medical needs on a "case-by-case basis."

THE CANADIAN PRESS

SAUDI ARABIA

Canada urged to speak against cluster bombs

Canada has an obligation to publicly warn Saudi Arabia, its military partner in an ongoing bombing campaign in Syria, to refrain from using banned cluster bombs, say advocates who campaigned against the weapon.

The issue has come to light because of a report earlier this month by the U.S.-based group Human Rights Watch that said a Saudi-led coalition may have used the banned weapons while bombing Shiite rebels in Yemen.

Canada and Saudi Arabia, along with the United States, are among the half-dozen countries in another coalition that is currently engaged in bombing missions against the Islamic State of Iraq and the Levant (ISIL) in Syria.

Regardless of Canada's activities in Syria, it has an international legal obligation to speak out because it ratified the United Nations treaty to ban cluster bombs, said Steve Goose, the head of the arms division of Human Rights Watch.

"They could have done a demarche or something," said Goose, referring to the use of a standard, behind-the-scenes dip-

DETAILS

Government says it will 'discourage' use

An emailed statement from the Foreign Affairs department on Monday said Canada would pursue opportunities "to discourage the use of cluster munitions by states not party to the convention."

The statement did not answer a question about whether Canada had raised the Human Rights Watch report with Saudi officials.

"We will continue to engage with Saudi Arabia on a range of issues including regional security and human rights," it said.

THE CANADIAN PRESS

lomatic notice. But that would not have been enough, he added.

"Publicly speaking out is the best way to do this because that's how you stigmatize the weapon. That's how you generate outrage against it, and that's the best way to discourage any use."

THE CANADIAN PRESS



CPA: MANY PATHS, ONE DESIGNATION

JOIN THE BUSINESS AND ACCOUNTING PROFESSIONALS:

HALIFAX "MEET AN ADVISOR"

CPA Atlantic Offices—Tuesday, May 19
• 9:30 am-4:00 pm (Drop-ins welcome)

HALIFAX INFO SESSIONS

CPA Atlantic Offices—Wednesday, May 20
• 5:30 pm-6:30 pm

CPA Atlantic Offices—Thursday, May 28
• 5:30 pm-6:30 pm

CPA Atlantic Offices—Tuesday, June 16
• 5:30 pm-6:30 pm

For details and to RSVP, contact Program Advisor Shawn Smith, CPA Atlantic School of Business, ssmith@cptaatlantic.ca, (902) 334.1174, CPAAtlantic.ca

THERE'S A CPA PATH FOR EVERYONE.



Introducing the NEW
wheels.ca

Brought to you by



// Browse Articles, Vehicle Research and Vehicle listings by Lifestyle

// Browse our collection of Guides and Road Trips for the perfect getaway

// Research and Compare to find the vehicle that's right for your Lifestyle





A YouTube user who goes by the name Wize Hop is known for his train hopping videos. HANDOUT/THE CANADIAN PRESS

New hobos on the road — and online

VAGABOND FORUM

Community shares tips on hitchhiking, hopping trains

Eric St. Pierre may not have been an obvious candidate for the hobo life. Growing up in Windsor, Ont., he spent every waking minute outside of high school online, playing World of Warcraft or scrolling through message boards.

He's always had wanderlust — at 15, he became obsessed with the idea of walking across Canada and begged friends to come with him. The plans fell apart, his friends grew up and they went to university or got full-time jobs.

St. Pierre felt stuck. At 21, he was spending his days answering phones in a FedEx office and crashing at home every night, drained of energy or inspiration.

"I went into a pit of depression. I couldn't sleep very well, getting up two or three times a night," he recalled. "I could hardly look people in the eye."

Then he came across an Internet forum thread about vagabonds. Intrigued, he clicked through and found Squat the Planet, an online community filled with tips on how to safely train hop, hitch rides and sleep outdoors.

One day, he asked his dad to drop him off at a truck stop. His life as a hobo had begun.

St. Pierre is one of many young Canadians who are dropping out of the 9 to 5 life and hitting the road to work odd jobs, dumpster dive and sleep under the stars. But while vagabonds of generations past stayed connected through a secret code scratched on walls, today's hobos are turning to iPhones, Tumblr and Facebook.

"Never, ever, ever in our history have we been anti-technology," said Huck, a U.S. train hopper who asked that his real name not be used.

"When freight trains were invented, hobos were the first ones to jump on 'em, and when automobiles were invented, we were sticking out our thumbs for rides."

Huck is the founder of /r/vagabond, a reddit community for hobos to share photos and advice about living on the road.

The forum has grown rapidly from 500 to 10,000 members in the past year, according to Huck.

Many outsiders are surprised to learn that homeless travellers use the Internet and smart phones. But Huck pointed out that it's pretty cheap to buy a used cell and a package of pre-paid minutes. Even those who don't have phones can pop into a public library to use Google Maps or Craigslist, he said.

THE CANADIAN PRESS

HEALTH

Kids with non-urgent issues flood ERs

Every emergency department doctor who treats children has probably had conversations that started with: "I'm pretty sure he's fine, but..." or "I know I shouldn't be here, but..."

A tally done by the Children's Hospital of Eastern Ontario found that roughly 45 per cent of the 72,500 kids who were seen in the emergency room in the last fiscal year had health problems that were of "low acuity." That means they

were not urgent or severe.

Many of those children could have — and should have — been cared for by family doctors or at walk-in clinics, says Dr. Ken Farion, an emergency medicine physician.

The Ottawa-based hospital is trying to educate parents on the appropriate use of the emergency department.

"Where five or six years ago we would have seen about a third of our patients would

have been lower acuity, we're now seeing 45 per cent," Farion said.

"We need families to make a different choice to protect this resource for the children who clearly need to be here."

CHEO gives parents a brochure with some guidelines.

For example, fever in a normally healthy child who has been vaccinated and who appears playful when the temperature is brought down by drugs can be

seen by a family doctor. Fever in an infant (under three months) or in a child who appears hard to wake should lead to the ER.

Minor head injuries with no loss of consciousness, confusion or vomiting can be seen by a family doctor or at a walk-in clinic. Head injuries involving loss of consciousness, confusion and repeated vomiting, or that require stitches, should be seen in the emergency department. THE CANADIAN PRESS

Nissan THANK YOU CANADA Sales Event

INTRODUCING • MAY • BONUS DAYS

FINANCE* OR LEASE* FOR AS LOW AS 0% APR* ON SELECT MODELS

FOR MAY ONLY GET UP TO AN ADDITIONAL \$1,000 BONUS CASH

2015 NISSAN ROGUE

AVAILABLE FEATURES INCLUDE:

- I-Force All-Wheel Drive
- Nissan Safety Shield with Forward Collision Warning

2015 NISSAN SENTRA

AVAILABLE FEATURES INCLUDE:

- 17-inch Aluminum Alloy Wheels
- Standard Bluetooth Hands-free Phone System
- Heated Front Seats and Push Button Ignition

2015 NISSAN MICRA®

SAFETY COMES STANDARD:

- Nissan Advanced Airbag System (II airbags)
- Vehicle Dynamic Control (VDC)
- Traction Control System (TCS)

STARTING FROM \$9,998 IN MICRA 1.0 S VI OR FINANCING FROM 0% APR FOR 60 MONTHS ON MICRA 1.0 S VI

PLUS \$500 MAY BONUS CASH*

2015 NISSAN VERSA NOTE

AVAILABLE FEATURES INCLUDE:

- Class-Exclusive Around View Monitor®
- Bluetooth® Air Conditioning
- Standard Bluetooth Hands-free Phone System

MONTHLY LEASE* FROM \$155 WITH \$0 DOWN AT 0.9% APR FOR 60 MONTHS

THAT'S LIKE \$36 WEEKLY IN VERSA NOTE 1.6 S VI

PLUS \$500 MAY BONUS CASH*

BUY ANY CAR & YOU COULD WIN \$100,000

OR CHECK OUT OUR OTHER GREAT OFFERS

CURRENT NISSAN OWNERS QUALIFY FOR UP TO AN ADDITIONAL \$1,000* LOYALTY CASH ON SELECT MODELS

OREGAN'S DRIVING HIGHER STANDARDS

WWW.OREGANSNISSAN.COM

BEST MANAGED COMPANIES Platinum Member

NISSAN HALIFAX DARTMOUTH

HALIFAX 3461 KEMPT ROAD 902-453-2020

DARTMOUTH 60 BAKER DRIVE, UNIT C 902-469-8484

CIVIC WORKS

Crowdfunding on rise for parks, bridges

At a time when municipal budgets are stretched and urban-improvement projects may not top a city's priority list, community groups, non-profits and local governments are increasingly turning to crowdfunding to help finance public projects.

Crowdfunding websites, which allow groups and individuals to solicit donations online, are usually associated with artists, entrepreneurs and

humanitarian projects.

However, a small but growing number of crowdfunding campaigns are looking to finance civic projects, such as artwork, green spaces and public spaces.

In the United States and Europe, purpose-specific sites such as Spacehive, IOBY and citizen-investor have been used to fund everything from bridges to bicycle services.

Although the practice is less

common in Canada, the presence of some homegrown web platforms and a host of online campaigns seems to indicate that civic crowdfunding may be on the rise in this country.

There are several advantages to crowdfunding urban projects, says Nicolas Koff, the co-founder of Projexity, a Toronto-based crowdfunding website that helps groups gather resources for local projects.

These can include engaging

people and bumping up the timeline of projects that would otherwise take years to complete.

"A lot of projects remain on the table for five, 10, or 20 years because they're never really high priority," Koff said.

"We've seen a lot of really great projects fall through the cracks due to lack of visibility, lack of engagement, lack of resources."

THE CANADIAN PRESS

IMPORTANT LABOUR RELATIONS INFORMATION for Halifax Water Customers



Halifax Water believes in providing fair and equitable compensation to its employees. Since February, 2014, Halifax Water has participated in 45 bargaining sessions with its unions in an effort to negotiate new collective agreements.

Halifax Water has been unable to conclude agreements with the Canadian Union of Public Employees [CUPE] Locals 227 and 1431. Wages and pensions continue to be the outstanding issues. As the utility and the compensation it offers employees are funded by our ratepayers (our customers), we are providing factual details below about our current proposal to keep you apprised of the situation.

The latest offer reflects a balanced, sustainable approach to current economic realities, customer expectations and employee needs.

So what has Halifax Water offered to CUPE Locals 227 and 1431?

Pension Plan Offer to CUPE Locals 227 and 1431

Halifax Water has presented several options in order to preserve an indexed defined benefit pension plan for the benefit of unionized staff, non-unionized staff, and management. The latest proposal compares very favourably with other municipal and provincial pension plans while ensuring it is sustainable. The current proposal includes:

- An annual accrual rate of 1.75% per year of service [currently at 2%] based on the average salary over the best 7 years [currently at best 5 years]
- Guaranteed annual indexing of up to 1% [currently at 2%]
- No change for the early retirement provision [age plus years of service equals 85]
- No change to the 50/50 cost sharing of current service cost of the plan

Wage Offer to CUPE Locals 227 and 1431

Halifax Water's five year wage offer, retroactive to November 1, 2013, reflects annual increases of 1.5%, 1.5%, 1.5%, 2.25% and 2.25%. The total wages in the first two years tracks closely with inflation recognizing that the Halifax Consumer Price Index was measured at 1.1% for 2013 and 1.8% for 2014.

Halifax Water urges CUPE's Collective Bargaining team to take the currently proposed compensation package to their membership for a vote.

In the event of a work stoppage, Halifax Water has robust contingency plans in place to ensure that the essential water, wastewater, stormwater and fire protection services you depend on are provided.

For more information on Halifax Water, including updated information should a labour disruption occur, please visit www.halifaxwater.ca. You can also follow us on Twitter @HalifaxWater.



A prisoner peers out of a cell at the Baffin Correctional Centre in Iqaluit in April. PAUL CHIASSON/THE CANADIAN PRESS

Prison 'hell' in Nunavut gets update

CORRECTIONS

Yet system is still failing its inmates, says auditor general

The intake cell at what may be Canada's most decrepit prison at one time offered all sorts of useful information.

Names on the walls would let you know who had been inside. Tidbits such as "is a rat" suggest who couldn't be trusted.

And the sentence once carved into the door was probably the most succinct orientation prisoners ever received to Nunavut's notorious Baffin Correctional Centre in Iqaluit.

It said, "Welcome to hell," recalled guard Susan Idlout. "When that door closes and you see that, you don't feel so good."

It's all been removed by a \$900,000 renovation that is cleaning up the prison's pervasive mould, its broken fire sprinklers, its punched-out walls, its un-cleanable bathrooms. A new building next

door has eased overcrowding, and prisoners no longer bunk down in the gym.

"It was pretty gross walking in there in the morning," said director of corrections JP Deroy. "Thirty men and no bathroom."

But a federal auditor general's report released in March remains harshly critical of corrections in Nunavut.

"The Department of Justice has not met its key responsibilities for inmates within the correctional system," it concludes.

With no room to do much more than warehouse inmates, little programming is conducted.

An adjacent 48-bed, minimum-security facility called Makigiarvik that opened in March is easing some of the overcrowding. So is a new 48-bed minimum- and medium-security prison in Rankin Inlet.

Still, the auditor general says Nunavut has a way to go.

Even with the new facilities, he predicted Nunavut will be short 70 prison beds within the next decade. And there's still no maximum-security space.

THE CANADIAN PRESS



Police create a barricade to protect a military base near Ramadi. Militants search for gov't fighters. THE ASSOCIATED PRESS

U.S. 'setback' calls strategy into question

IRAQ

Extremists capture provincial capital

The fall of Ramadi calls into question the Obama administration's strategy in Iraq.

Is there a Plan B?

The current U.S. approach is a blend of retraining and rebuilding the Iraqi army, prodding Baghdad to reconcile with the nation's Sunnis, and bombing Islamic State targets from the air without committing American ground combat troops.

But the rout revealed a weak Iraqi army, slow reconciliation and a bombing campaign that, while effective, is not decisive.

On Monday, administration officials acknowledged the fall of Ramadi, the capital of Anbar province, as a "setback" in America's latest effort in Iraq. They still maintained the campaign would ultimately bring victory.

But anything close to a victory appeared far off.

The Islamic State group captured Ramadi over the weekend, killing up to 500 Iraqi civilians and soldiers and causing 8,000 people to flee their homes. On Monday the militants did a door-to-door search looking for policemen and

pro-government tribesmen.

One alternative would be a containment strategy — trying to fence in the conflict rather than push the Islamic State group out of Iraq. That might include a combination of airstrikes and U.S. special operations raids to limit the group's reach. In fact, a Delta Force raid in Syria on Friday killed an IS leader known as Abu Sayyaf who U.S. officials said oversaw the group's oil and gas operations, a major source of funding.

Officials have said containment might become an option but is not under active discussion now.

It seems highly unlikely that President Barack Obama would take the more dramatic route of sending ground combat forces into Iraq to rescue the situation in Ramadi or elsewhere. A White House spokesman, Eric Shultz, said Monday the U.S. will continue its support through airstrikes, advisers and trainers; he pointed to an intensified series of coalition air assaults in the Ramadi area, which included eight strikes overnight Sunday.

The administration has said repeatedly that it does not believe Iraq can be stabilized unless Iraqis do the ground fighting. The Pentagon insisted Monday the current U.S. plan is still viable.

THE ASSOCIATED PRESS

MILITANTS

Nigeria destroys 10 Boko Haram camps

The Nigerian military says it destroyed 10 Boko Haram forest camps over the weekend, but the Islamic extremists killed a man and abducted several women as they attacked a recently recaptured town, according to witnesses.

Soldiers killed many militants and captured heavy weaponry in Saturday's offensive in northeastern Sambisa Forest, said spokesman Maj. Gen. Chris Olukolade of the

Ministry of Defence. One soldier was killed by a land mine when troops overran 10 Boko Haram camps, Olukolade said.

This comes after a surge in attacks by the Islamic extremists including suicide bombings, assaults on a business school and villages and a repelled night-time raid by hundreds of fighters on the biggest military base in northeast Nigeria. Also Saturday, some militants attacked villages and the

town of Sabongari Yandulam in northeast Yobe state, a survivor, farmer James Musa, said Monday. Local official Maina Ularamu confirmed the attack and said one man was killed and six women abducted.

Olukolade and other Nigerian officials had said Boko Haram's main fighting force was trapped in the vast Sambisa Forest following a 14-week multinational offensive that drove them out of dozens

of towns and villages where they had declared an Islamic caliphate. But some must have escaped to press last week's attack on Giwa Barracks in Maiduguri, the biggest northeastern city, 200 kilometres from the forest. The forest offensive had destroyed some 20 other camps and allowed soldiers to free 700 captured girls and women before getting bogged down by land mines.

THE ASSOCIATED PRESS

MAY TRUCK MONTH **GMC**

HIGH-STRENGTH DEPENDABILITY, HIGH-STRENGTH AWARDS

GET UP TO \$10,000 IN TOTAL VALUE ON A SIERRA KODIAK EDITION

INCLUDES:

Remote Start Class-Exclusive Automatic Locking Rear Differential Rear Vision Camera AND MORE!

2015 SILVERADO 1500 CREW CAB 4X4 LTZ SHOWN

DOUBLE CAB 4X4 1WT
\$135 @ 0% Lease for 24 Months Bi-Weekly \$1,995 Down Includes \$1,000 Owner Cash Includes Freight, PDI & Levees

CREW CAB 4X4 1WT
\$145 @ 0% Lease for 24 Months Bi-Weekly \$1,995 Down Includes \$1,000 Owner Cash Includes Freight, PDI & Levees

ALL 2015s COME WITH:

2 Years/40,000 KM Complimentary Oil Changes* **5 Years/160,000 KM Powertrain Limited Warranty*** **5 Years/160,000 KM Roadside Assistance***

★★★★★ NHTSA
E-Star Overall Vehicle
Score for Safety*

Longest Pickup Powertrain
Warranty in Canada, 60,000
KM More Than Ford and Ram*

Available Best-in-Class
V8 Fuel Efficiency*

2015 Silverado is
the First Pickup Truck
to Offer Built-in
4G LTE WiFi

BEST MANAGED COMPANIES Partner member

OREGAN'S DRIVING HIGHER STANDARDS

CHEVROLET | BUICK
GMC | CADILLAC

2477 ROBIE STREET
902-422-8551
OREGANSONROBIE.COM

Buy Any Car & You Could Win \$100,000

See O'Regan's on Robie for details. 100% financing required. Fleet & commercial excluded.

Police on alert after shootout

WACO, TEXAS

Authorities have received threats since making arrests

Police were on alert Monday for retaliatory attacks after a chaotic shootout between rival biker gangs left nine people dead and at least 18 wounded outside a Texas restaurant.

Waco Police Sgt. W. Patrick Swanton said authorities had received threats against law enforcement "throughout the night" from biker groups and stood ready to confront any more violence resulting from Sunday's gunfire.

"We have a contingency plan to deal with those individuals if they try to cause trouble here," Swanton said at a news conference.

About 170 people were arrested on charges of engaging in organized crime. Earlier, Swanton said 192 people had been arrested but later revised that number downward.

The shootout erupted shortly

after noon at a busy shopping centre where members of at least five rival gangs had gathered for a meeting, Swanton said.

Preliminary findings indicate a dispute broke out in a bathroom and escalated to include knives and guns. The fight eventually spilled into the restaurant parking lot.

"I was amazed that we didn't have innocent civilians killed or injured," Swanton said.

The interior of the restaurant was littered with bullet casings, knives, bodies and pools of blood, he said.

Authorities were processing the evidence at the scene, south of Dallas. About 150 or 200 bikers were inside during the shootout.

Parts of downtown Waco were locked down, and officials stopped and questioned motorcycle riders.

Agents from the FBI and the Federal Bureau of Alcohol, Tobacco, Firearms and Explosives were assisting local and state authorities.

Police and the operators of Twin Peaks were aware of the meeting in advance and at least 12 Waco officers in addition to state troopers were outside the



Authorities investigate a shooting in the parking lot of a Twin Peaks restaurant in Waco, Texas on Sunday. The shootout killed nine and left at least 18 wounded. JERRY LARSON/THE ASSOCIATED PRESS

restaurant when the fight began, Swanton said.

Officers shot armed bikers, he said.

It was not immediately clear whether any of the nine dead were killed by police. The identities of the dead have yet to be

made public.

McLennan County Sheriff Parrish McNamara, whose office is involved in the investigation,

CHARGES

About 170 gang members were charged with engaging in organized crime and are each being held on a \$1-million bond. Authorities say charges of capital murder are expected in the wake of the Waco shooting.

said all nine who were killed were members of the Bandidos or Cossacks gangs.

In a 2014 gang threat assessment, the Texas Department of Public Safety classified the Bandidos as a "Tier 2" threat, the second highest. Other groups in that tier included the Bloods, Crips and Aryan Brotherhood of Texas.

The Texas assessment does not mention the Cossacks.

There's at least one previously documented instance of violence between the two groups. In November 2013, a 46-year-old from Abilene who police say was the leader of a West Texas Bandidos chapter was charged in the stabbings of two members of the Cossacks club. THE ASSOCIATED PRESS

SOUTHEAST ASIA

Ordinary people rush to help migrants

For hundreds of migrants stranded at sea in sinking boats, the first helping hand came not from governments but from fishermen who towed them to safety.

The desperation of migrants from Myanmar and Bangladesh has not compelled neighbouring countries to take them in, but has inspired compassion from ordin-

ary people across Southeast Asia. Sympathetic Malaysians have launched donation drives to help migrants who have flooded ashore in the past two weeks.

In Indonesia, where fishermen rescued three boats last week and saved 900 lives, officials have appealed to villagers not to get too close to the migrants. But

villagers have ignored the orders. Hundreds have thronged the two warehouses where the migrants have been housed since their Friday arrival, bringing rice, clothing and meals.

Aid groups estimate that thousands more migrants are stranded in the Andaman Sea.

THE ASSOCIATED PRESS

FOREIGN POLICY

EU plans to target human traffickers

European Union nations approved plans Monday for a naval operation to go after the human-trafficking networks that are sending thousands of migrants weekly across the Mediterranean toward Europe or to their deaths. NATO said it stood ready to help out if needed.

EU foreign policy chief Federica Mogherini said she expects the operation to be fully launched next month after Britain, France, Italy and other nations pledge military equipment.

More than 10,000 migrants have been picked up alive from Mediterranean waters in re-

cent weeks as they attempted to enter Europe from Libya. The International Organization for Migration estimates that nearly 1,830 migrants have died on the sea route this year compared to 207 in the same period last year.

The first phase of the EU plan centres on intelligence gathering and surveillance of smuggling routes leading from Libya to southern Italy and Malta. After that, EU ships would start chasing and boarding the smugglers' boats in a second phase. The 28-nation bloc is still seeking a UN resolution that would give them full legal protection as they destroy the smugglers' boats in a third phase of the plan.

Despite the show of unity, the EU showed increasing divisions on the plan for mandatory quotas for member states to take in refugees, with Spain now joining France, Britain and Hungary speaking out against it. THE ASSOCIATED PRESS

Turn your passion for Travel & Tourism into a rewarding career

Complete a 2 year diploma in 60 weeks.



Success College
Get Ready.

Participate in a Familiarization Trip to hone your planning skills.

Ask about our
TUITION PLEDGE

ATTEND OUR
OPEN HOUSE ON
MAY 20th
4:00 to 7:00 pm

Actor portrayals.

successcollege.ca 902.865.8283

1,830

The number of migrants who have died on a Mediterranean sea route this year.

NO POWER. NO WORRY.

Peace of mind with 24/7 Automatic Power Protection.

- Prevent Food Spoilage
- Sump Pump Backup
- Protect Pipes & Water Sources From Freezing
- Long run times with Propane or Natural Gas
- Environmentally Friendly
- 7kw to 150kw for All Needs



Ask About Our Advanced Solar Hot Water Heating Technology.

EnCom
Alternative Energy Solutions

902-860-0081 • encomgroup.com
311-01 Rocky Lake Drive, Bedford

WORK SAFE. DO IT!



Cindy Lee Garcia, an actress in *Innocence of Muslims*, right, and attorney Cris Armenta in 2012. THE ASSOCIATED PRESS

YouTube film ruling overturned

LEGAL

Appeal court agrees with free speech advocates

YouTube should not have been forced to take down an anti-Muslim film that sparked violence in the Middle East and death threats to actors, a federal appeals court ruled Monday in a victory for free speech advocates.

The 9th U.S. Circuit Court of Appeal sided with Google, which owns YouTube, after free speech advocates urged the court to overturn a 2-1 decision by three of its judges. The three judges had ordered YouTube to take down the video.

Actress Cindy Lee Garcia wanted *Innocence of Muslims* removed from the site after receiving death threats. Her lawyer argued she had a copyright claim to the low-budget film because she believed she was acting in a different production.

Google argued Garcia had no claim to the film because the filmmaker wrote the dialogue, managed the production and dubbed over her lines.

It wasn't immediately clear if or when the video would be reposted on YouTube. A Google spokesman did not immediately

respond to an email seeking comment.

The film inspired rioting by those who considered it blasphemous to the Prophet Muhammad and President Barack Obama and other world leaders asked Google to take it down.

Google, which said those requests amounted to censorship, was joined by an unusual alliance of filmmakers, other Internet companies and prominent news media organizations that didn't want the court to alter copyright law or infringe on First Amendment rights.

YouTube and other Internet companies were concerned they could be besieged with takedown notices, though it could be hard to contain the film that is still found online.

A lawyer for Google argued in December that if a bit player in a movie has copyright privileges, it could extend to minor characters in blockbusters, shatter copyright law and ultimately restrict free speech because anyone unhappy with their performance could have it removed from the Internet.

Cris Armenta, a lawyer for Garcia previously said the extraordinary circumstances justified the extreme action of a court injunction against YouTube. "She is under threat of death if she is not successful in removing it," Armenta argued. THE ASSOCIATED PRESS

FLORIDA

Legal fight over U.S. boy's circumcision

A judge expressed skepticism Monday that a long-running court battle over a Florida boy's circumcision amounted to a constitutional issue worthy of being argued in federal court after being exhaustively litigated in state courts.

In the first hearing on the issue in federal court, U.S. District Judge Kenneth Marra questioned the attorney for the boy's mother, Heather Hironimus, over the legality of

proceeding with the case when a state judge had already ruled.

"Aren't you really asking me to revisit and second-guess?" Marra said near the start of the 80-minute hearing in West Palm Beach.

Already a legal oddity for its subject matter, the long-running case between the boy's estranged parents got an extra dose of drama when Hironimus fled with the child nearly three months ago, going into hiding

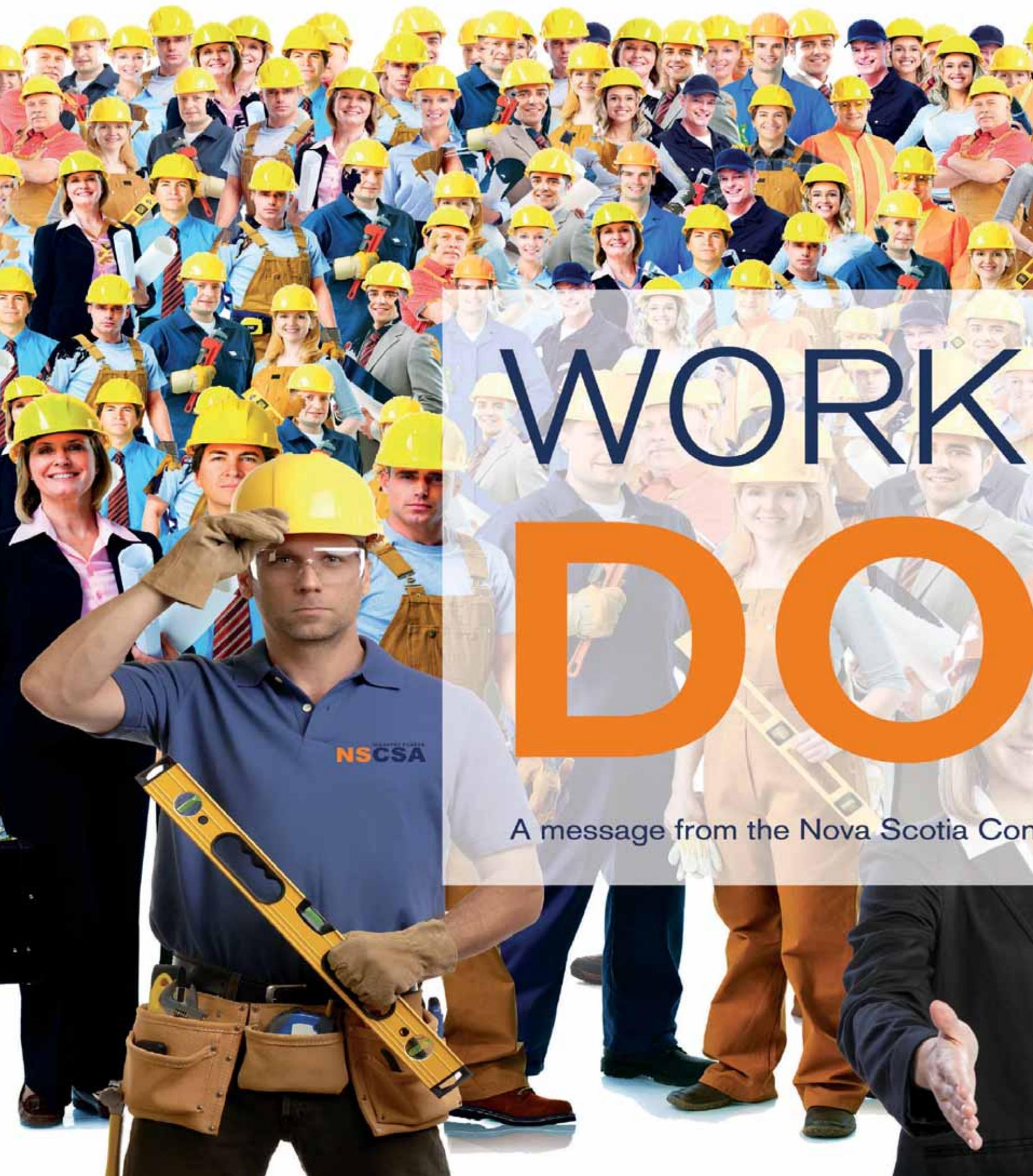
at a domestic violence shelter while a state judge warned she risked imprisonment for defying orders and refusing to appear in court. She was arrested Thursday and remains jailed.

Hironimus, 31, and the boy's father, Dennis Nebus, have been warring since her pregnancy. They were never married but share custody of their child, and in a parenting agreement filed in court, the two agreed to the boy's cir-

cumcision. The mother later changed her mind, giving way to the long legal battle.

Though Marra made no ruling in the case, he was often incredulous as Hironimus' attorney, Thomas Hunker, contended the case could continue in federal court. Hunker said because the procedure was not performed in infancy, it was now a "life-and-death situation" involving the risk of anesthesia. THE ASSOCIATED PRESS

An advertisement for Qatar Airways featuring three cabin crew members (two women and one man) standing in front of a Qatar Airways airplane. The text reads: "BE PART OF A STORY WORTH TELLING JOIN OUR AWARD WINNING 5-STAR CABIN CREW TEAM HALIFAX, NOVA SCOTIA". Below the image, text reads: "As the National Airline of the State of Qatar, we seek to reflect the best of Qatar's warm and generous hospitality. Dinner in Paris, lunch in New York, breakfast in Montreal, while cruising around the world at 40,000 feet on some of the most modern aircraft in the world is definitely not your typical office job. Qatar Airways is known to be a truly world class, 5 star global airline, challenging established norms and a leader in airline hospitality. On the ground or in the air we offer our customers a powerful approach to service." Another section says: "Our Cabin Crew are Qatar Airways's ambassadors to the world. The Qatar Airways Cabin Crew team is growing. We are looking for candidates, who can deliver our mission by providing "Excellence in everything we do". Known for our 5-star hospitality, we look for future Cabin Crew who can be part of our "World Class Global Brand". Join our multinational Cabin Crew Team and enjoy a tax-free remuneration package including accommodation, allowances and transportation for duty." The advertisement also includes details about the interview process: "HALIFAX Venue: HALIFAX MARRIOTT HARBOURFRONT HOTEL - 1919 Upper Water St, Halifax, NS B3J 3J5, Canada. Date: 30th May 2015 Time: 0900 am sharp Attire: Formal Business attire. Please bring your resume in English along with full length and passport size photographs. Shortlisted candidates will be required to attend further assessment on the same day. The above position will be based in Doha, State of Qatar. For further information, please visit qatarairways.com". The logo for Qatar Airways and oneworld is at the bottom.



WORK
DO

A message from the Nova Scotia Com...



SAFE.

IT!

INDUSTRY FUNDED

NSCSA

Construction Industry and



WORK SAFE. DO IT!

16 | Tuesday, May 19, 2015

World | metro NEWS

Iffy stem-cell procedures flourish across the U.S.

HEALTH

Experimental methods outpace regulation

More than 170 clinics across the U.S. are selling experimental stem-cell procedures for dozens of diseases and conditions — a mushrooming industry that has flourished despite little evidence of its safety or effectiveness.

The rise of the U.S. stem-cell industry illustrates how quickly fringe medicine can outpace government oversight. Over the last five years, academic stem-cell researchers have watched in dismay as doctors treat patients with experimental techniques that they say could take years, if not decades, to become sound medicine.

"It's sort of this 21st-century cutting-edge technology. But the way it's being implemented at these clinics and how it's regulated is more like the 19th century. It's a Wild West," says Dr. Paul Knoepfler, a stem-cell researcher at the University of California at Davis.

In 2010 there were only a handful of doctors promoting stem-cell procedures in the U.S., mainly plastic surgeons promoting "stem-cell facelifts" and other cosmetic procedures. But today there are



Dr. Mark Berman of the Cell Surgical Network collects fat from a patient's back as part of an experimental stem-cell procedure, in Beverly Hills, Calif. RAQUEL MARIA DILLON/THE ASSOCIATED PRESS

clinics throughout the country promoting stem cells for dozens of conditions and diseases, including Alzheimer's, arthritis, erectile dysfunction and hair loss.

The cost of these procedures is high, ranging from \$5,000 to \$20,000.

Many of the businesses are linked in large, for-profit

chains that offer doctors the chance to join the franchise after taking a seminar and buying some equipment.

The largest of these chains is the Cell Surgical Network,

EVIDENCE

Stem-cell treatments

Stem cells have long been recognized for their ability to reproduce and regenerate tissue. And while there are high hopes they will someday be used to treat a range of debilitating diseases, critics say stem-cell entrepreneurs have little more than anecdotes to support their offerings.

THE ASSOCIATED PRESS

co-founded in 2012 by Dr. Mark Berman, who spent 30 years as a Beverly Hills plastic surgeon before working with stem cells.

His company offers stem-cell procedures for more than 30 diseases and conditions, including Lou Gehrig's disease, multiple sclerosis and arthritis. He and his partner adapted technology from Asia into a liposuction-based procedure in which fat is pumped out of patients' abdomens, processed with drugs and equipment and then injected back into the body.

Berman says this fat-based "soup" is rich in shape-shifting stem cells that have the potential to treat everything from neurological diseases to achy joints.

The clinics insist that their treatments are safe but routinely require that patients sign waivers.

THE ASSOCIATED PRESS

PAINKILLERS

DIY drug sparks concern

Scientists have figured out all the steps to make morphine and similar painkillers without using opium poppies, opening the door for home-brewed drugs and potential abuse.

While no one has yet reported making morphine in the laboratory from scratch, some experts are calling for regulations to prevent garage tinkerers from making do-it-yourself drugs.

Society needs to "think this through now, before it becomes a reality," said bioengineer John Dueber of the University of California, Berkeley, who led a team that discovered the final missing link of the process.

Poppy plants have been farmed for centuries for opium, from which morphine is derived. The controlled substance is often used before and after surgeries to relieve severe pain.

For the past decade, groups of researchers have hacked the DNA of yeast to mimic poppies, in hopes of creating cheaper and less-addictive pain relievers. So far, the yeast strains created can only perform the last steps of a long process that can lead to morphine and other narcotic drugs.

The UC Berkeley team discovered the missing piece — the first step in the process — and published the findings yesterday in the journal *Nature Chemical Biology*.

The genetically engineered yeast was able to convert sugar to a chemical that's a precursor to morphine.

THE ASSOCIATED PRESS



A new career. A better life.

"I need a change... a real career."

Train for a promising new career as a Paralegal in just 56 weeks.

Now Enrolling for September

Call or Click Today

902-463-6700

maritimebusinesscollege.com

BRITAIN

Nurse found guilty of murder

A medical mystery that began four years ago with unexplained deaths in a British hospital ended yesterday when a nurse was convicted of using insulin to murder two patients.

The 49-year-old nurse was also convicted of trying to poison 20 other patients during what police called a reign of terror at Stepping Hill Hospital in Stockport, 320 kilometres northwest of London.

In a note found by police, Victorino Chua described himself as "an angel turned into an evil person."

The father of two wrote "there's a devil in me" and there were certain things he would "take to the grave." Prosecutors said he took his frustrations out on his patients.

Chua was found to have injected insulin into saline bags

and ampules. Other nurses who were not aware of the tampering then used the bags and ampules, leading to insulin overdoses.

The nurse was cleared of a third murder charge but convicted of attempting to cause grievous bodily harm to that patient. Other patients recovered after receiving similar insulin overdoses.

Hospital officials first contacted police in July 2011 after finding contaminated vials of saline and "unexplained" low blood-sugar levels in some patients.

After finding the vials contained high levels of insulin, police launched a formal investigation.

Prosecutors first charged another nurse, 27-year-old Rebecca Leighton, with a variety

of crimes, but the case against her was dropped due to insufficient evidence.

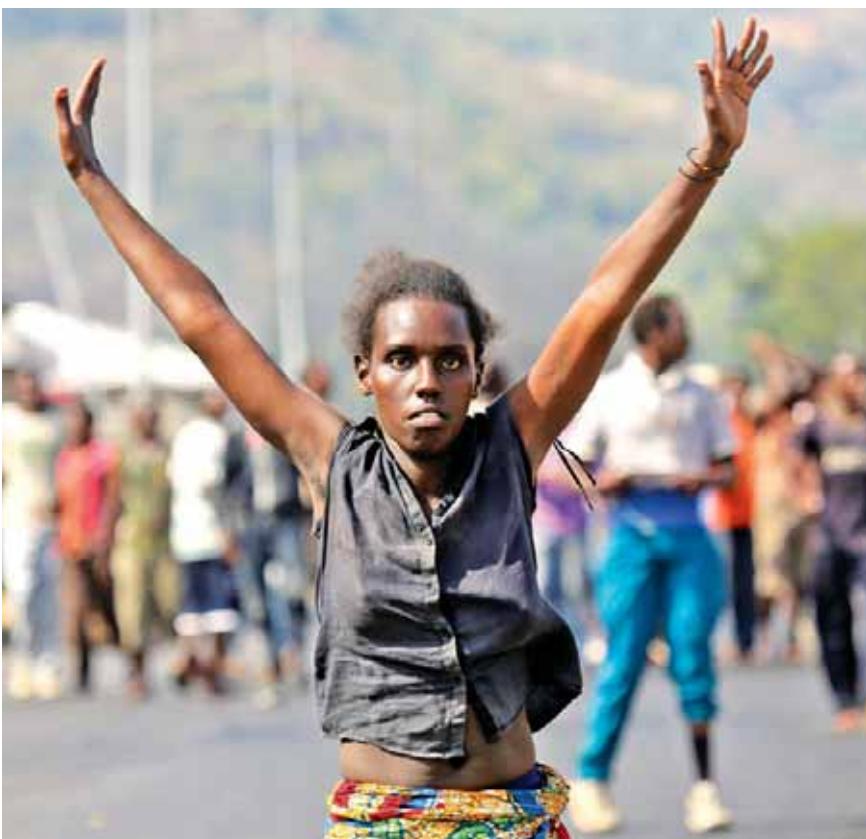
Chua was not charged with the murders and poisonings until March 2014.

Manchester Police Chief Peter Fahy yesterday apologized to Leighton for the time she spent in jail after she was charged.

He said Chua seemed unfazed by her imprisonment: "He was quite happy to stand by while she suffered the consequences."

One of Chua's victims was a 44-year-old multiple sclerosis patient being treated for a mild chest infection, who was pronounced dead eight hours later after being treated with a saline ampule containing large amounts of insulin.

THE ASSOCIATED PRESS



PROTESTS IN BURUNDI ARMY CALLED IN A woman raises her hands faced with soldiers in the Musaga neighborhood of Bujumbura, Burundi, Monday. The army was deployed to quell street protests against the president's bid for a third term. Last week's attempted coup collapsed when loyalist army troops overwhelmed the rebels. JEROME DELAY/THE ASSOCIATED PRESS



Job Fair: HSWs, CCAs, PCWs LPNs & RNs

Northwood is one of Eastern Canada's largest and most innovative providers of services to older adults. **We are looking for caring, compassionate staff interested in working as HSWs, within HRM, and Windsor/West Hants.** We're also hiring for CCA, PCW, LPN and RN positions in our long-term care facilities.

We offer full and part-time positions with guaranteed hours, competitive wages & benefits, and educational opportunities. **\$2,000 bursaries available to current and future CCA students.**

A representative from our Recruitment Team will be in Halifax to talk about employment opportunities. Come see us!



When: May 20, 4:00 - 6:00 p.m.

Where: Sobeys Community Room
955 Beford Highway

For more information or to

apply today call (902) 454-3369
or email us at hr@nwood.ns.ca

Northwood is proud to be
an inclusive employer who
encourages diverse applicants



Officers acquitted in 2 teens' deaths

FRANCE

Ruling in deaths of black Arab boys raises fear of violence

A French court on Monday acquitted two police officers accused of contributing to the deaths of two minority teenagers in a blighted Paris suburb a decade ago — a long-awaited verdict that crushed the boys' families and raised fears of possible violence like that seen recently in the U.S.

The deaths of 15-year-old Bouna Traore and 17-year-old Zyd Benna prompted weeks of riots across France in 2005, exposing anger and resentment in neglected, crime-ridden suburban housing projects.

The two boys, chased by police, entered a power substation in the Paris suburb of Clichy-sous-Bois to hide and were electrocuted. A third boy survived the powerful

20,000-volt electric shock with severe burns.

On Monday, the court in the western city of Rennes ruled that officers Sébastien Gaillemain and Stéphanie Klein were not responsible. Neither had a "clear awareness of grave and imminent danger" as required by French law, said Judge Nicolas Léger.

Moments after the verdict was read, a young woman rose in the back of the courtroom and shouted: "The police above the law, as always."

"You are responsible!" shouted Zyd's brother Adel at the two police officers, just a few metres away.

Bouna's brother Gaye told The Associated Press, "I have a sense of impunity, of injustice, and disgust."

Activists called for protests at courthouses across the country.

The mood in the streets of Clichy-sous-Bois on Monday afternoon was subdued. Residents expressed little surprise at the verdict, some sighing in resignation.

BACKGROUND

The 2005 deaths and ensuing riots cast a harsh light on the fate of housing projects populated by France's poor, many with roots in former colonies in Africa. Over three weeks of rioting, thousands of vehicles were torched, public buildings were burned and thousands of people were arrested.

About 200 activists and others gathered Monday evening a protest at the courthouse in Bobigny, near the boys' hometown.

"The message this verdict sends is that these two kids did not deserve help because they were black and Arab," said protester Issa Diara, of a group called Brigade Antinégrophobie, set up in the Paris area after the 2005 riots to combat fear of black people.

THE ASSOCIATED PRESS

AIR CANADA 624 CLASS ACTION INFORMATION SESSION

with **RAYMOND WAGNER, Q.C.**

of Wagners, Halifax

and

JOE FIORANTE

of Camp Fiorante Matthews Mogerman, Vancouver
Lawyers for the Plaintiff and Proposed Class

ALL PASSENGERS WELCOME

WEDNESDAY • May 20, 2015 • 7 PM
Quality Inn, 980 Parkland Dr., Halifax

Meet the whole legal team.

Be updated on the proposed class action underway
in the Supreme Court of Nova Scotia on behalf of
all passengers of Air Canada Flight 624
that crashed on March 29, 2015.

Find out how to participate and protect your legal rights.



A partnership of law corporations

www.wagners.co | 902-425-7330

B.C. creator unveils bionic lens

EYESIGHT

Implant would bring patients perfect vision: Optometrist

Imagine being able to see three times better than 20/20 vision without wearing glasses or contacts — even at age 100 or more — with the help of bionic lenses implanted in your eyes.

Dr. Garth Webb, a British Columbia-based optometrist who invented the Ocumetics Bionic Lens, says patients would have perfect vision and that driving, progressive and contact lenses would become a dim memory as the eye-care industry is transformed.

Webb says people who have the specialized lenses surgical-

ly inserted would never get cataracts because their natural lenses, which decay over time, would have been replaced.

Perfect eyesight would result "no matter how crummy your eyes are," Webb says, adding the Bionic Lens would be an option for someone who depends on corrective lenses and is older than about 25, when the eye structures are fully developed.

"This is vision enhancement that the world has never seen before," he says, showing a Bionic Lens, which looks like a tiny button.

"If you can just barely see the clock at 10 feet, when you get the Bionic Lens you can see the clock at 30 feet away," says Webb. He demonstrates how a custom-made lens — that folds like a taco in a saline-filled syringe — would be placed in an eye, where it would unravel itself within 10 seconds.

He says the painless procedure, identical to cataract surgery, would take about eight minutes, and a patient's sight would be immediately corrected.

Webb, the CEO of Ocumetics Technology Corp., has spent the last eight years and about



Dr. Garth Webb holds a bionic lens at Manterra Technologies, where the lens will be mass produced in Delta, B.C. DARRYL DYCK/THE CANADIAN PRESS

\$3 million researching and developing the Bionic Lens, getting international patents and securing a biomedical manufacturing facility in Delta, B.C.

His mission is fuelled by the "obsession" he's had to free himself and others from corrective lenses since he was in

Grade 2, when he was saddled with glasses.

"At age 45 I had to struggle with reading glasses, which like most people, I found was a great insult."

Webb's efforts culminated in his recent presentation of the lens to 14 top ophthalmologists

in San Diego the day before an annual gathering of the American Society of Cataract and Refractive Surgery.

Dr. Vincent DeLuise, an ophthalmologist who teaches at Yale University in New Haven, Conn., and at Weill Cornell Medical College in New York

Due Date

Two years to availability

Pending clinical trials on animals and then blind human eyes, the Bionic Lens could be available in Canada and elsewhere in about two years, depending on regulatory processes in various countries, says Dr. Garth Webb.

City, says surgeons, from Canada, the United States, Australia and the Dominican Republic, were impressed with what they heard and some will be involved in clinical trials for Webb's "very clever" invention.

"There's a lot of excitement about the Bionic Lens from very experienced surgeons who perhaps had some cynicism about this because they've seen things not work in the past. They think that this might actually work and they're eager enough that they all wish to be on the medical advisory board to help him on his journey," DeLuise says.

THE CANADIAN PRESS

My heroes were cowboys, and cowboys just did not wear glasses.

Dr. Garth Webb

"It's been life changing!"

Bruce M. Dartmouth



Call Beltone Today to find out How Better Hearing can make a Difference in Your Life

Book an appointment during our Anniversary Celebrations this Month and Receive a Free Ballot for our Monthly Prize Draw. All ballots will be re-entered for our Grand Prize Getaway Draw to Beautiful White Point Beach Resort!



Draw date October 30, 2015.

Details at www.beltoneworld.com. No purchase necessary.

Beltone

HALIFAX
422-4327
6589 Chebucto Rd

BEDFORD
835-3494
2 Dartmouth Rd

DARTMOUTH
469-3494
530 Portland St

WINDSOR
798-0952
53 Gerrish St

Like us on Facebook

Expiry Oct. 30, 2015. There is no obligation. All services are guaranteed. Some conditions apply.
For Prize details or to learn more visit www.beltoneworld.com or at any Beltone The Hearing Aid Centre locations.

Canada, Mexico win meat-labelling fight

Canada and Mexico have defeated the United States' meat-labelling rules at the World Trade Organization, winning a final appeal that could pave the way to retaliatory sanctions.

If the U.S. wants to avoid a broader trade war, Monday's decision means it might have

to drop its insistence on special grocery-store labels that identify meat by its country of origin.

Failure to fix the meat-labelling requirement could lead to tariffs on a range of U.S. products, including wine, chocolate, cereal and frozen orange juice.

THE CANADIAN PRESS

IN BRIEF

Opponents plan blockade of Arctic Ocean drilling rig

Critics of oil drilling in the Arctic Ocean plan to block the gates to a seaport terminal in Seattle, where Royal Dutch Shell's massive floating drill rig will be loaded up before heading to the waters off Alaska this summer.

THE ASSOCIATED PRESS

CONTINUING CARE ASSISTANT



Do you enjoy caring for others and want to get into the workforce quickly? Train at da Vinci College where qualified students can get a \$2,000 bursary and guaranteed employment for a year at Northwood.

TURN YOUR PASSION INTO A PROFESSION!

**Program Starts in June.
Now training in Lower Sackville:**



*Pending approval of The Department of Labour and Advanced Education

Call today **1.866.429.1847** or visit davincicollege.org
1577 Barrington St. **HALIFAX**



the big question

Who gets to live on a reserve?

First Nations councils decide. Their rules may differ from federal laws governing Indian status. Quebec's Kahnawake Mohawk Territory requires anyone who partners with a non-indigenous person to move out. Amanda Deer, her non-native partner and son did just that on Sunday after protesters outside their home demanded they leave Kahnawake. "Marry out, stay out" rules have become a flashpoint since 1985, when the revised Indian Act enabled families to lose Indian status after two generations of having children with non-status people.

We're honest enough for all-door boarding

YOUR RIDE

Erica Butler



There's a simple, elegant way we can reduce the amount of time Halifax Transit buses spend at bus stops.

It's called all-door boarding, and it's common on subways and commuter trains. Instead of lining up and loading one by one, people get on and off through multiple doors at each stop.

It's efficient and civilized. Stops can take half as much time as they do with front door boarding. And people feel less like cattle lining up at a gate, and more like humans on their way somewhere.

Of course, subways and trains typically have access-

controlled stations where riders pay their fare.

To introduce all-door boarding on buses, you pretty much need to embrace the honour system, which is where the civilized part comes in.

A POP (proof of payment) system requires we all take responsibility for having our ticket, pass, or transfer on us while on the bus. It means having fare inspectors on board at random points to check these proofs of payment.

And yes, it means a small percentage of us will skip out on the bill.

The practice has improved operations "without adverse financial impacts," according to a city report. That should be music to your tax-paying ears.

So, what will it take to bring all-door boarding to Halifax? Some folks say all we need is a team of roaming fare-checkers. Then we can allow people with passes or transfers to board in the rear.

But there will be even more potential months down the road, when our new electronic fare system kicks into gear, and people can scan their way onto the bus.

We could do it, but will we? Depends who you ask.

The official answer from city hall is, "It's not a feature we will be pursuing in the

Yes, a small percentage of us will skip out on the bill ... most of us won't.

short term."

But Coun. Wayne Mason, who sits on the city's transportation standing committee where the topic has come up before, is convinced it's in the cards.

Mason expects all-door boarding on corridor routes as the transit redesign rolls out.

For the sake of efficiency and civility, let's hope he's right.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

ROSEMARY WESTWOOD

metroview

"B.B. King is gone. But the truth in his music is still in gospel."



"Church was not only a warm spiritual experience," B.B. King once said. "It was exciting entertainment."

The legendary blues singer, who died on Thursday, grew up on gospel.

"It was where I could sit next to a pretty girl and mostly it was where the music got all over my body and made me wanna jump."

Like King, some of the world's best jazz, soul and blues singers hail from churches. They might have been the natural places to learn to sing in the heavily spiritual American south, but it's the kind of singing going on there that mattered. And its power hasn't waned.

When I lived in London, I sang in a gospel choir half-filled with non-Christians. "It's still the most moving music for me," one of them told me.

The deep rhythms seize your chest and urge your body to move. The best singers make you feel their desperation, joy, pain.

Halfway through mass during a visit to New Orleans last fall, I watched a woman take the mic and felt like I could have been hearing Whitney Houston (who also started in gospel). While some gospel singers have been propelled to fame — think Aretha Franklin, Al Green and Sam Cooke — countless other incredible voices are content

to praise God on Sunday, and leave it at that.

"There's a humility in the music," as my old gospel choir director told me. I'd add that there's authenticity. No one is faking it. The love is profound.

Gospel stands in stark contrast to the whitewashed sound of many Western churches, the watered-down folk hymn stuff my old director dubbed "lowest-common denominator" music. It tries to tell you how to feel, while gospel's swelling, tidal harmonies are the true message.

He even mused that bland music is to blame for dwindling attendance at many congregations in Canada and the U.S., while tourists pack the pews in the best gospel churches.

B.B. King is gone. But the truth in his music — human suffering, human striving — is still in the blues, and it's still in gospel.

"There's blues for anything that bothers you," King has said. "I listen to gospel music and, believe it or not, I hear the same thing. The only difference is these people are praying to God or Jesus."

If we had a little more King in church, more people, of whatever beliefs, might come — if only for that feeling of being spiritually scrubbed on the inside until you're clean.

metro

Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan





Distributor buys Tom Ford's film *Nocturnal Animals* for whopping \$20 million at Cannes

Who killed Amy? We all did, says director



PHOTO ILLUSTRATION/METRO; GETTY IMAGES

CANNES FILM FESTIVAL

Documentary a reflection of the toxic nature of celebrity

Amy Winehouse was many things: artist, icon, victim of celebrity. For London-born director Asif Kapadia, she was basically the girl next door.

Kapadia, who made award-winning documentary *Senna* about Formula 1 driver Ayrton Senna, lived and worked in some of the same north London neighbourhoods as Winehouse did. Like millions of others, he also watched with horrified fascination as the singer's struggles with love, drugs and alcohol were splattered across the media in the years before her death from

alcohol poisoning in 2011. "I very much felt, 'I can't believe this is happening down the road from where I live,'" said Kapadia, whose documentary about Winehouse, *Amy*, is playing at the Cannes Film Festival. "One of my reasons for wanting to do it was, I've finally found a subject to do about home."

"Senna was like from another planet, and Amy was from next door."

"She was so ordinary, so local, and so brilliant in the way she expressed that in her lyrics."

London was Winehouse's inspiration — for good and bad.

"I love the city," Kapadia said, sitting in a luxury hotel on the French Riviera. "I love the creativity. I love the fact you can look like what you want to look like, do what-

ever the hell you want, you can be amazing. But it's got a darkness to it, and her story sort of covers those ends of the spectrum."

Compiled from archive footage, home movies and more than 100 interviews with people who knew Winehouse, *Amy* is partly a tribute to a lost talent, partly a portrait



She was so ordinary, so local, and so brilliant in the way she expressed that in her lyrics.

Amy director Asif Kapadia

of a young woman coping with depression and doubt, and partly a reflection on the toxic nature of celebrity.

The film has been acclaimed in Cannes, where it

premiered in the late-night *Midnight Screenings* slot — the first time Kapadia had seen the movie with an audience.

"It was very emotional," Kapadia said. "A lot of tears. Nobody moved for the last hour."

There are some dissenters amid the praise. Winehouse's

Kapadia says he did not set out to blame anyone for Winehouse's death.

"I'm not pointing the finger, I'm just saying this is really complicated," he said. "But there are issues, and there are maybe things that could have been done differently."

"It's turning the mirror on everyone, saying, we're all slightly to blame, complicit, a part of this system — this circus — that it became."

He hopes members of the family will come to see the film the way he does — as a rounded portrait of Winehouse, and a tribute to her.

"I'm hoping with a bit of hindsight that there'll be a rethinking of it. Not to take things personally but to just say, look, people love her, that's the thing. It's about her and kind of rebalancing everyone's image of her."

The film gives ample time to Winehouse's music, from the jazz sounds on her first album, *Frank*, to the soul and hip-hop influences that infused her breakthrough record, *Back to Black*.

The single *Rehab* was her biggest hit, and also something of an albatross. Winehouse was constantly asked to perform the song about how "They tried to make me go to rehab — I said no, no, no."

Kapadia said that in retrospect the song sounds like "an incredible cry for help."

"The clue is always in her songs," he said. "Two songs: *Stronger Than Me* — 'I want someone who's stronger than me' — and *Love is a Losing Game*, sum her up. If she had those two elements, then maybe there would have been some peace."

THE ASSOCIATED PRESS



LAUGH. PLAY. SWIM. LEARN. SMILE.

- Over 40 summer camps to choose from!
- Options for ages 5-18
- Daily swim & lunches included for most camps
- Convenient & free early drop-off/late pick-up available

TO REGISTER, CALL OR VISIT US ONLINE TODAY!

DALPLEX



902-494-3372 | DAL.CA/CAMPS

HOT 100 LIST

Maxim endorses Swift's hotness

It's a good week to be Taylor Swift. Eight Billboard Music Awards, high praise for her star-studded new video, Bad Blood, fans cooing over photos of her being cuddly with adorable Scottish DJ boyfriend Calvin Harris.

And now? She's been placed at the very tippy-top of Maxim magazine's annual Hot 100 list, an honour previously held by the likes of Miley Cyrus, Bar Refaeli and Olivia Wilde.

"It's really nice and such an incredible compliment," Swift says of the title.

"This year has been my favourite year of my life so far. I got to make an album exactly the way I wanted to make it. I got to put it out exactly the way that I dreamed of putting it out. Every one of these kinds of whims and



Taylor Swift

ideas came to fruition. The videos — I'm proud of those, I'm proud of the tour, I'm proud of the way this has all happened. In the midst of all that, this is really nice." Niceness: so hot right now.

NED EHRBAR/FOR METRO

GOSSIP NOTES JAY Z'S DIATRIBE

Jay Z targets YouTube, Spotify, police brutality

Jay Z didn't pull any punches during a blistering freestyle session at his recent B-Sides concert, a career retrospective streamed online to Tidal subscribers.

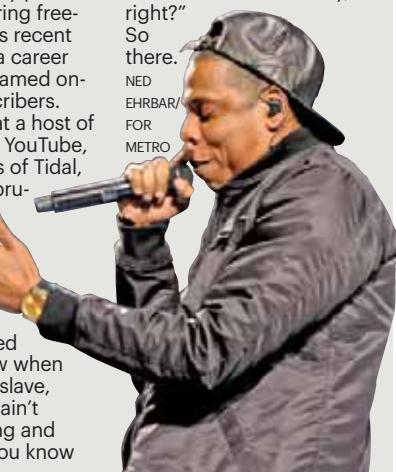
He took aim at a host of targets, including YouTube, Spotify and critics of Tidal, as well as police brutality and the recent Baltimore riots:

"(They) pay you a tenth of what you supposed to get.... You know when I work I ain't your slave, right? You know I ain't shucking and jiving and high-fiving, and you know

this ain't back in the day, right?"

So there.

NED
EHRBAR/
FOR
METRO



Colin Farrell with co-stars Lea Seydoux and Jessica Barden laugh as they arrive for the screening of The Lobster at Cannes

ALL PHOTOS: GETTY IMAGES

In his new sci-fi movie The Lobster, Colin Farrell plays a single man desperate to get into a committed relationship or risk being transformed into an animal. In real life, though, he's unattached — and in no rush to change his status.

"In my life I've had relationships with women that weren't in the public eye that have been pulled into the public eye as a result of the nonsense of celebrity and being close to me, and I hate that and I hated that for them," he said in an interview last week.

"And so that would be just

another thing that would lead into my reticence to being in a relationship."

Farrell is in Cannes to promote The Lobster, a film about single people who are forced to stay in a hotel until they find a mate. They have 45 days to find a partner or face being transformed into an animal and being released into the woods.

The 38-year-old actor said being in a relationship isn't all it's cracked up to be.

"I have one friend who just broke up and he's been in a relationship for six years, and

before that he was married for 15 years, and our other shared friends who are in relationships are doggedly pursuing him — 'I have this person you have to meet,'" he said.

"But I'm just like, 'Just let him (rest).' And part of me goes, 'Is that misery loves company?'"

Despite being in dozens of films over the past two decades, Farrell told a press conference on Friday that he had never been to Cannes before — and he didn't exactly make the most of his inaugural visit.

"I wouldn't mind being here

a little bit longer," he said.

Farrell shot the movie, in which he stars with Rachel Weisz, in his native Ireland — a bonus for him.

"Everything about this experience was really, really particular for me," said the actor. "The writing, the cast and the experience in the location we were shooting in."

"It's one of the most beautiful parts of the world," he added.

The Lobster is competing for the Palme D'or at the festival, which ends May 24.

THE ASSOCIATED PRESS



We want YOUR opinion!

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metr^o

TOP SIX@6 Weeknights at 6 Hannah counts down the HOTTEST songs of the day

6 Jocelyn Alice Jackpot

5 Flo Rida ft. Sage The Gemini G.D.F.R

4 Jason Derulo Want To Want Me

3 OMI Cheerleader

2 Tori Kelly Nobody Love

1 Wiz Khalifa ft. Charlie Puth See You Again

101.3 THE BOUNCE

101.3THE BOUNCE.COM | Info@101.3thebounce.com

THE MAXWELL'S PLUM

Best Burger Platter in Town

Maxwell's 1/2 pound Signature Burger Patty. Served with FRESH cut fries.

\$8.99

1600 Grafton St., Downtown Halifax
902-423-5090

*beverage purchase required, eat in only

LEARNING

Kids benefit from multiple languages

Children who hear more than one language spoken at home could be better communicators than those raised in monolingual homes, according to a new study from the University of Chicago.

The researchers concluded that children raised in multilingual environments could be better at interpreting the meaning behind the words. The children don't have to actually speak more than one language, just hearing a second language is a building

block for social communication, according to the study.

"Children in multilingual environments have extensive social practice in monitoring who speaks what to whom, and observing the social patterns and allegiances that are formed based on language usage," says Katherine Kinzler, associate professor of psychology and an expert on language and social development.

AFP



Children who spend time in multilingual environments have more tools for effective communication, a study says. ISTOCK

FIRST IN SALES FIRST IN SERVICE TEN YEARS RUNNING

O'Regan's would like to once again extend our congratulations to Brian Pickrem for being named the 2014 Sales Person of the Year - For the 10th year running at O'Regan's Toyota Dartmouth.

He continues to bring his positive attitude and welcomed honesty to every sale. Stop by our state-of-the-art showroom to see for yourself and say hello to Brian!

60 Baker Drive - Unit A
Dartmouth, Nova Scotia
B2W 6L4

Phone: (902) 464-9550
Toll-Free: (800) 464-0222

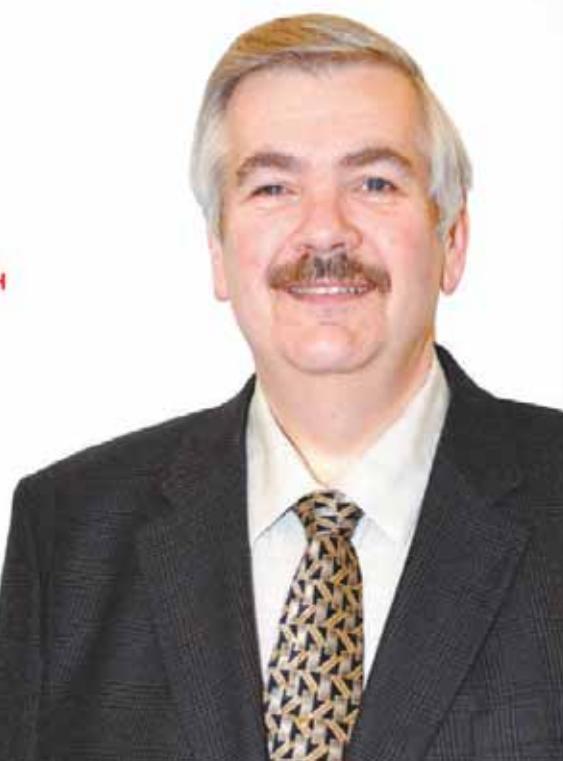


OREGAN'S
DRIVING HIGHER STANDARDS

TOYOTA
DARTMOUTH



OREGANS TOYOTA DARTMOUTH.COM



Embrace a change of command at work

INTERPERSONAL SKILLS

A new boss can be unsettling, but try being adaptable

OFFICE RELATIONS

Eleni Deacon



Even if your new boss is a managerial all-star, it can take time to get used to their style. While changes in workplace hierarchy are inevitable and often energizing, they can also overthrow your comfortable routine.

When a new leader joins your company, it doesn't just mean a new nameplate on the corner-office door — it can also mean a new workflow and perhaps an entirely new vibe. Here's how to adjust to an unfamiliar superior.

First, don't fear different. Your current leader may not do things the same way as their predecessor, but that doesn't mean they're doing things badly.

No employee likes being compared to the person who previously held their role — and the same goes for your boss.

Avoid eye-rolls or anger when she requests new methods for completing your work.

Instead, be open to an alternate approach.

You may not end up sticking with her suggestion — but a positive attitude will smooth the road to compromise.

If possible, sit down with your new superior and discuss their expectations: what they want, how they want it delivered, and how they would like to com-

municate. Having a clear sense of your boss's style and preferences will help ease their transition from unknown entity to trusted authority.

But you should also check your own expectations.

Although your boss may act like they know what's going on — that's their job, after all — they are on an unavoidable learning curve.

If they're new to your organization, they've got a lot to absorb. And if this is the first time they're managing other people, they're probably nervous.

Don't fume if things don't feel settled right away.

Chances are, in a couple months — or even weeks — your relationship will find its equilibrium.

However, if your rapport feels tense from the start, uproot the weird mood.

Either make an independent decision to act more cheerful, or address the workplace strain head on.

Explain that you're concerned you got off on the wrong foot, and emphasize your desire for a strong professional understanding between the two of you.

By making your good intentions clear, you can derail any first-impression missteps.

Flexibility is a workplace skill. A new supervisor may bring a brief period of stress — but it's also a chance for a new, potentially rewarding start in your job.

To build a strong base with your boss, adapt before you react.



Here a pec, there a cluck

GOING TOPLESS

Baring that chest could lead to the downfall of civilization

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen, It's nearly summer, and with that comes warm weather. As temperatures inch up, every Tom, Dick, Harry and, yes, even a few Janes, seems somewhat compelled to strip off their shirt and bask in the man-made air conditioning of bare-chested bravado.

It's perfectly legal to go topless in most public places. Question is, when and where is it appropriate to put God's gifts on display?

— Holly, Toronto

Dear Holly, Your excellent questions raises a great point about good manners, which is this: Just because



It may be legal to go topless, but that doesn't mean it's OK to flaunt your torso in public. iSTOCK

it's legal to do something does not mean it's appropriate.

Belching or farting in public, or tooting your own giant gaseous horn (so to speak) using taxpayer dollars (I'm looking at you, Pierre Poilievre) — these activities are all perfectly legal. But is this the kind of behaviour we want to encourage in the

public arena? No, it is not. Such activities are selfish, arguably unethical and just plain gross!

Not that anyone's body is any of those things. We do not disapprove of breasts of any stripe. Pert, slack, male, female, waxed, hairy, young, old — each and every one of them (and sometimes there is only one, which is

also fine) may be beautiful in its own way. I certainly didn't mind the repeated appearance in Date Night of Mark Wahlberg's bare torso, which, I'm told, was heavily covered in makeup to hide his tattoos, which meant that during breaks on set he had to keep his shirt off, which led to a lot of young ladies and a few



The point of good manners is to make people around you feel comfortable

men finding reasons to walk by the sound stage when he stepped outside for a smoke.

But I digress.

The point of good manners is to make people around you feel comfortable, thereby creating social harmony that leads to open and honest communication toward the advancement of a peaceful civilization.

This is not jeopardized by a movie star flexing his perfect pecs in our face on a giant movie screen — because we have made a conscious choice to view him, and them.

But having someone flaunt their sweaty, hot summer torso in your face when it's the last thing you expect to see or want to look at shows a lack of proper consideration for one's fellow citizens — i.e., the kind of behaviour that leads to the downfall of civilization.

So, unless you are nursing a newborn child, or you're on one of Canada's nude beaches, or your shirt has suddenly caught fire, please keep your torso covered in the city this summer.



Need advice? Email

Ellen at scene@metronews.ca

LAY BARE

Nudist beaches in Canada

- Wreck Beach, Vancouver Long-established and hassle-free.

- Beaconia Beach, Man. A mix of clothed and nude visitors that may disconcert members of either group.

- Patricia Beach, Man. Recognized as a clothing-optional beach but discretion around local residents is advised.

- Hanlan's Point in Toronto Next to Wreck Beach, Canada's only other "official" clothing-optional beach.

- Oka Park (west of Montreal) Unofficial — but well-known — clothing-optional beach.

- Crystal Crescent Beach, near Halifax Not official, but sees many regular and visiting nudists.

FOR MORE INFORMATION, CONTACT THE FEDERATION OF CANADIAN NATURISTS AT FCN.CA

Get the phone you want, when you want, with the money you sort of have.

The Tab

You decide how much you want to pay for your phone and how much you want to put on your Tab. When your Tab balance reaches zero, you'll pay less every month.

Choose Happy

Koodo
mobile



MOBILE SHOP

Walmart

Koodo
shop

Halifax Shopping Centre
Mic Mac Mall
Sunnyside Mall

MUSIC NOTE

Taye Diggs changes his groove for *Hedwig*

Taye Diggs is about to get a little freaky onstage — as the next transsexual singer Hedwig.

Producers of the Tony-Winning show said Monday that the How Stella Got Her Groove Back star will take over the title role in Broadway's *Hedwig and the Angry Inch* starting July 22.

The show opened last season with Neil Patrick Harris starting off the Hedwigs — and winning a Tony Award. He was replaced by Andrew Rannells, Michael C. Hall, co-creator John Cameron Mitchell and currently Darren Criss.

THE ASSOCIATED PRESS



Taye Diggs
GETTY IMAGES

You Jealous of Nick Jonas yet?

INTERVIEW

Singer juggles acting, tour and new sounds

The 22-year-old Nick Jonas is riding high on the success of his hit singles *Jealous* and *Chains*, which have reached platinum status and dominated on radio.

He's also busy outside of music: He's filming the movie *Goat*, gearing up for Season 2 of DirecTV's *Kingdom* and will appear in the new Fox series *Scream Queens*. And he's hitting the road with The Nick Jonas Live in Concert Tour that kicks off Sept. 6 in Hershey, Penn. Tickets go on sale Friday.

And Jonas will be in Toronto performing at the Much Music Video Awards on June 21.

He talked about his busy schedule, being

compared to Justin Timberlake and reuniting with the Jonas Brothers in a recent interview.

You've drawn some comparisons to Justin Timberlake since he was also in a boy band and meshes R&B with pop sounds. What do you think of that?

It's an incredible feeling. Justin has had an amazing career, amazing transition — as a musical artist, but also as an actor. And the acting has been a really big thing for me in the last year and a half with some projects I've become really passionate about ... So those comparisons are really flattering.

Were you nervous when you decided to tackle a more R&B sound?

I think anytime you try to push yourself and push your sound and evolve is a little frightening. Just being bold and taking those steps. But I

saw really quickly that the fans connected with it.

Did you play your album for your brothers before you released it?

I played the record for them about a month before it came out, wanted to kind of get their opinions on what they thought should be singles and overall what their vibe was on it. Their opinion meant a lot to me and they both were really supportive. I think I really needed that support going in to feel comfortable to really take that step forward.

Do you think you guys would reunite for a song or album?

I think our time creatively together is done. Never say never, though. I can't predict what's going to happen one day or the next ... I would say for right now I'm happy to be doing my own thing.

What's it been like working with James Franco in the film *Goat*?

He has been an incredible force creatively for this movie. He's one of the producers in the movie and I'm not really allowed to say what his involvement is with it — it's kind of a secret.

You have a song on the upcoming soundtrack for



Nick Jonas has no plans to reunite with his brothers, but says, 'Never say never.' GETTY IMAGES

Broadway's *Finding Neverland*. What was it like being a part of Broadway again?

I'm a big fan on Broadway and I've been really fortunate to get to perform on Broadway a bunch of times, so anything I can do in that sense to support and show love to that community is

always great for me. Is doing Broadway again one of your goals?

I think that the next thing I'd be a part of, I'd love for it to be something that I wrote. So hopefully I can write a show at some point and then get to perform it.

THE ASSOCIATED PRESS



DALPLEX SUMMER MEMBERSHIPS NOW ON SALE!

4 Month memberships start as low as \$99!

PLUS get your membership before May 31 for a chance to win one of two Fit Bit Flex wristbands!

DALPLEX.CA | 902-494-3372



DALPLEX

Sissy Domestic Medium Hair

Eight-year-old Sissy is a friendly gal who came to us when her elderly guardian needed to surrender her into our care. She is curious, likes people, has a gentle & mild-mannered spirit and purrs on contact. Based on her previous home, we expect she would prefer an environment without children. Sissy is a wonderful feline who deserves a lifetime of love and security. If you can provide that for her, she would love to meet you. Please visit Sissy today.



For more information on Sissy and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



5686 Spring Garden Rd. 902-490-9900
278 Lacewood Dr. 902-431-8665
96 Tacoma Dr. 902-435-9748
75 Peakview Way 902-835-3224
961 Bedford Hwy. 902-406-4470
752 Sackville Dr. 902-869-9050
Fall River 902-860-1772



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Wuest honoured by Red Wings

HOCKEY

Late Metro reporter's contributions remembered



Kristen Lipscombe
Metro | Halifax

Former Metro sports reporter Matt Wuest, known better as CapGeek by hockey fans around the world, is being honoured by his favourite NHL team.

The well-respected hockey

journalist died March 19 after battling colon cancer for more than two years. He was just 35 years old.

On Friday, the Detroit Red Wings announced that the trophy awarded annually to the champion of the NHL Prospect Tournament has been renamed the Matthew Wuest Memorial Cup.

"Matt was known for CapGeek, but (his) first major hockey website project was Red Wings Central, where he profiled prospects, interviewed them, interviewed their families," said wife Melanie Patten, a reporter for The Canadian

Press who met Wuest while attending journalism school at The University of King's College in Halifax.

"He loved writing about up-and-coming talent," she said Friday. "He would tell me these names ... and a couple years later they're stars and playing for the Wings."

Wuest launched RedWingsCentral.com, or RWC, in 2001 to provide rankings, scouting

profiles and feature stories on the team's prospects. The website "became widely read by scouts and fans alike before it shut down operations in 2014," according to a Red Wings news release. It served as a catalyst for the popular CapGeek.com, which tracked salary cap data on all 30 NHL teams in real time.

He quietly shut down CapGeek in January, avoiding the media spotlight as his illness progressed, a testament to his modest nature.

"Matt would probably be a little embarrassed, to be honest," Patten said with a chuckle

I think he would be really, really touched and humbled by it.

Melanie Patten

of the Red Wings naming the prospect trophy after him.

"But I think he would be really, really touched and humbled by it."

The Matthew Wuest Memorial Cup recognizes his "significant behind-the-scenes contributions to the growth and

development of the NHL Prospect Tournament, along with his overall impact on the hockey community."

This year's tournament is the 17th annual event, with the puck dropping Sept. 11 in Traverse City, Mich. Participating teams include Carolina, Chicago, Columbus, Dallas, Detroit, Minnesota, New York and St. Louis.

"I think it's really fitting because that was his first real project, and he was a Red Wings fan," Patten said. "It's very special, without being really flashy, and I think that's what makes it so perfect as a tribute to Matt."

IN BRIEF

Oceanic best Remparts for QMJHL championship

Michael Joly scored 2:13 into the second overtime period to lift the Rimouski Oceanic to a 2-1 victory over the Quebec Remparts in Game 7 of the Quebec Major Junior Hockey League final on Monday.

The Oceanic win the President Cup and advance to the Memorial Cup, along with the Ontario Hockey League champion Oshawa Generals and the Western Hockey League champion Kelowna Rockets.

Quebec automatically advances as the host city.

THE CANADIAN PRESS

Blue Jays snap losing streak by beating Angels

Jose Bautista belted his seventh homer of the season as the Toronto Blue Jays ended a five-game losing streak Monday with a 10-6 victory over the Los Angeles Angels at Rogers Centre.

Bautista, Josh Donaldson and Russell Martin had three hits apiece for the Blue Jays, who outhit the Angels 17-12.

Albert Pujols, David Freese and Chris Iannetta homered for Los Angeles (19-19).

Toronto (18-22) was in desperate need of a win after being swept in Houston to cap a 1-6 road trip, which knocked the Blue Jays into the American League East basement.

THE CANADIAN PRESS



WORLD CHAMPIONSHIP RUSSIANS FACE PENALTY FOR O CANADA SNUB

Cole Harbour natives Nathan MacKinnon and Sidney Crosby share a moment after Canada's 6-1 win in the world championship gold-medal game on Sunday in Prague. Russian news agency TASS reported the Russian team is facing sanctions after players left the ice before the playing of O Canada. Many of the Russian players departed for the dressing room after the game, a breach of the sport's etiquette.

JONATHAN NACKSTRAND/
AFP/GETTY IMAGES

NHL PLAYOFFS

Johnson's hat trick leads Bolts to rout of Rangers

Jon Cooper lamented after Game 1 of the Eastern Conference final that his Tampa Bay Lightning needed more than just their super-productive "Triplets" line to score.

That's nice but not as necessary when Tyler Johnson is rolling. In Game 2 Johnson recorded a hat trick as the Lightning evened their series against the New York Rangers at a game apiece with a 6-2 victory Monday night at Madison Square Garden.

Johnson, who centres Ondrej Palat and Nikita Kucherov on

GAME 2 East final



Tampa Bay's top line, improved his Stanley Cup playoff-leading goal total to 11. The five-foot-eight dynamo also became the first player in franchise history with a playoff hat trick and the first in the NHL with four multi-goal playoff games in the same season since Jamie

Langenbrunner in 2003.

His three goals all came in different situations: one short-handed, one on the power play and one at even-strength.

The Lightning put on an offensive show on a night full of mistakes and penalties. Thirteen minors were called, leading to five power-play goals.

Johnson's hat trick and third-period goals by Alex Killorn (two) and Steven Stamkos added up to Rangers goaltender Henrik Lundqvist's roughest game of the playoffs.

THE ASSOCIATED PRESS



Rangers goalie Henrik Lundqvist surrenders a goal to the Lightning's Alex Killorn on Monday night in New York.

ALEX TRAUTWIG/GETTY IMAGES

Irving feeling fitter for Hawks test

NBA

All-Star guard not 100% but should feature in Atlanta

Kyrie Irving finished an animated post-practice shooting game of "Around The World" with LeBron James and then quickly removed any doubt about his playing status for Game 1. "I'm

going to go," he said.

Cleveland's All-Star guard may not be 100 per cent — or anywhere close — but he's much better and that's welcome news to the Cavs, who will open the Eastern Conference finals on Wednesday in Atlanta.

Irving has been bothered by a sore right foot since Game 2 of the opening round against Boston, and he sat out the final half of the Cavs' series-clinching win over Chicago last week with tendinitis in his left knee. But a

weekend of rest and rehab allowed Irving to make it through a full practice on Monday, lifting his spirits and improving the Cavs' chances against the East's top seed, the Hawks.

Irving said he has come a long way from the way he felt Thursday night while sitting on the bench in United Center.

"Just being able to actually feel both my feet underneath me, especially when I'm shooting, it feels amazing," said Irving, who was limited to 12 minutes

in Game 6. "I don't want to be on the sideline at all, especially preparing for a big stage like this."

Irving's improved health seemed to have an immediate impact with James who was very upbeat when he spoke to reporters. "He feels better," James said. "Obviously the days have helped him. You know, we really don't know until we get out there on Wednesday. The good thing is he's positive, he's feeling better, and that's positive for our team."

THE ASSOCIATED PRESS



Cavs' All-Star guard Kyrie Irving should play a part against the Atlanta Hawks. NAM Y. HUH/THE ASSOCIATED PRESS

Service Directory

To advertise contact 421-5824

May 19

HOME HEATING

Heat Pumps from \$33/mth

Commercial/Residential
Nova Scotia Power On Bill Financing



Heat Pump Guys



902-444-7870

APPLIANCES

Bedford BUY & SELL

New & Refurbished
★ FRIDGES ★ STOVES
★ WASHERS ★ DRYERS
★ FREEZERS

Trade-in your old appliances!

1743 Bedford Highway, 8:30-5:30 M-F / Sat 10-4 835-1600
Bedford (Across from Arby's) www.bedfordbuynsell.ca

Cottage
& Reno Deals!

FRIDGE AND
STOVE SETS
New & Refurbished
Starting at \$599

DESIGN SERVICES

BacklinkCentral

WEBSITE DESIGN
Starting at \$299

Also featuring:
• Web Development
• Logo & App Design
• Cross Platform Optimization
For a Free Consultation Call
902.789.9493
backlinkcentral.net

Give it to
a friend
at no
extra cost.

metr[®]

BUSINESS OPPORTUNITY

JAN * PRO

CLEANING SYSTEMS

Change your life with JAN-PRO
Get your own business.

Awarded many times from different magazines, having a great concept
a strong brand and dedication to the success of their franchisees.*

Professional Training
Starter Kit
Accounts Guaranteed
Insurance and Bonding
Cash Flow Management
Ongoing Assistance
Financing
Additional Accounts
Support to Grow your Business

Now located at 2 Bluewater Road, Suite 130, Bedford

Contact Carlos De Regules (902) 481-2100
carlos.deregules@jan-pro.ca • jan-pro.ca

*Ranked #1 Commercial Cleaning Franchise for 2013, 2014 & 2015.
*Ranked #1 Overall Home-based Franchise for 2013, 2014 & 2015.
Source: Entrepreneur Franchise 500 Awards.

APARTMENTS



EARLY MOVING INCENTIVES*

*on select properties

FIND YOUR NEXT HOME!
902-449-RENT (7368)

FREE \$250 GIFT CARDS*
*on select properties

*call for more info

Managing over 4,000 Apartments in the Maritimes | metcap.com

realstar management

it's your home



A short walking
distance to
everywhere
in downtown
Halifax



Park-like
setting close
to Bayer's
Lake
Park



Steps to
Public Gardens
& all the shops
on Spring
Garden Road

CUNARD COURT

2065 Brunswick Street

1 BR & 2BR

- Downtown Living at a Great Price
- Above & Underground Parking Available
- 5 Appliances
- In-Suite Laundry
- Cat Friendly
- 5% Senior, Military & Capital Health Employee Discounts Available
- Fob Access
- 24/7 On-site Staff
- 24/7 Laundry
- Underground Parking**

902-442-7247

STONECREST VILLAGE

80 Chipstone Close

1 BR, 1 BR + Den, 2BR, 2BR Large & 3BR

(No Security Deposit on Select Suites)

- Cat & Dog Friendly on Select Floors
- 5 Appliances**
- Private Balcony
- In-Suite Storage
- 24/7 Deluxe Laundry
- Underground Parking**
- Community Room
- In-Suite Laundry**
- 24/7 On-site Staff
- New Blinds
- 24/7 Laundry
- Underground Parking & On-Site Storage
- Pet Friendly (Cats & Dogs)
- 5% Senior, Military & Capital Health Employee Discounts Available

902-701-0021

**In Selected Suites.

Ask about our rental incentives

SPRING GARDEN APTS

5770 Spring Garden Road

Bachelor, 1 BR & 2BR Suite

(No Security Deposit on Select Suites)

- Newly Renovated Suites
- Indoor Pool, Sauna & Fitness Facility
- 24/7 On-site Staff
- 24/7 Laundry
- Underground Parking & On-Site Storage
- Pet Friendly (Cats & Dogs)
- 5% Senior, Military & Capital Health Employee Discounts Available
- New Blinds
- Community Room
- 24/7 Laundry
- Underground Parking & On-Site Storage
- Pet Friendly (Cats & Dogs)
- 5% Senior, Military & Capital Health Employee Discounts Available

902-442-5404

For more information visit: www.realstar.ca

Visit metronews.ca

metr[®]

DARTMOUTH
902-402-2915
or 902-402-6287
or 902-401-2735

KENTVILLE
902-691-3000

HALIFAX
902-402-1518
or 902-402-2915

WINDSOR
902-401-4161
or 902-402-1518
or 902-402-2915

RECIPE Quesadillas with Grilled Chicken, Pesto and Cheese**EAT LIGHT AT HOME**

Rose Reisman
rosereisman.com
@rosereisman

Ready in

Prep time: 10 minutes
 Cook time: 21 minutes

Ingredients

- 8 oz skinless boneless chicken breast (about 2 breasts)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed fresh garlic
- 1/4 cup pesto sauce (homemade or store-bought)
- 1/2 cup grated part-skim mozzarella cheese
- 4 large whole wheat flour tortillas (or any flavour you prefer)

Directions

1. Spray a non-stick skillet or grill pan with cooking oil and place over medium-high heat. Sauté the chicken just until cooked, about 6

minutes per side. Set aside. Wipe out the skillet and reheat.

2. Heat the oil in a skillet over medium-high heat. Sauté the onion and garlic for 5 minutes, or until the onions are tender and browned. Stir in the pesto and cheese. Dice the chicken and add to the skillet.
3. Divide the mixture among the tortillas, placing it on half of each tortilla. Fold the other half over. Heat on a grill pan or in a large skillet for 2 minutes on each side. Cut each tortilla into 3 wedges, making 12 wedges in total.

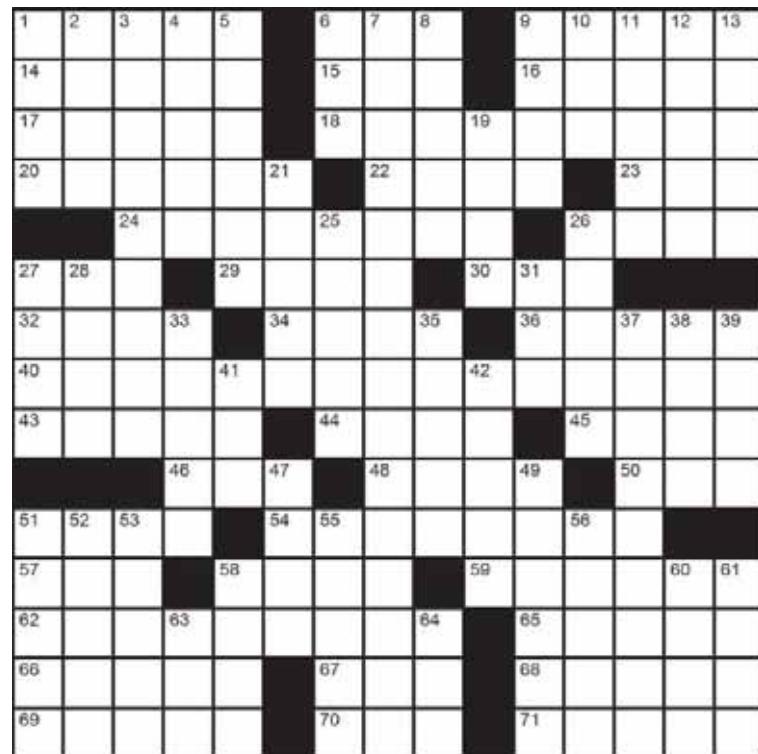
Nutrition per serving (recipe serves 6)

- Calories 203
- Protein 15 g
- Carbohydrates 16 g
- Fibre 2.1 g
- Total fat 8.7 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Up to now; 2 wds.
6. Initials-shares of a bartender-portraying "Cheers" actor
9. Did modeling work
14. Dean Martin's "That's _"
15. Religious bench
16. Other: French
17. "Too-Ra- _ - Loo-Ral (That's an Irish Lullaby)"
18. _ Avenue (Location of the Cadbury Adams chocolate factory in Toronto)
20. Cirque du _
22. "Take _ face value."
23. Limo passenger, e.g.
24. What ee-laaaastic is
26. Views
27. Wilt
29. "Away!"
30. "Plush" rock gr.
32. Some are inflated
34. Date with a doctor, briefly
36. Sprays
40. Kimye or Brangelina: 2 wds.
43. Swamp plant
44. Mackerel variety
45. Cost
46. "Bird _ Wire" (1990)
48. Tomato variety
50. Sports official, commonly
51. Sales jobs, commonly
54. The Original _ Corporation (Canadian company that makes



hitting-the-ball implements in baseball)

57. Bleak House girl

58. Cab

59. Country songstress Ms. Yearwood

62. _ Provincial Park, in Manitoba

65. Eugene O'Neill's daughter's name

sakes

66. Between harbours: 2 wds.

67. Tic-Tac-Toe win

68. _ Bay, British Columbia

69. Our opposite

70. Climber's li'l conquests

71. "Same here."

1. Mr. Mineo's
2. 1847 Herman Melville story
3. Album for Canadian singer Jill Barber; or, Pyrite: 2 wds.
4. Montreal stop sign word
5. Broadcasts again

6. NHL Jets city, for short
7. Type of Canadian Coast Guard
8. Mowed tract of lawn
9. Former
10. Away
11. Cook's need

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		4	1	2	8
	2	6		3	
6	5		2		9
7				4	2
	9	5	4	2	1
2	1				5
	9		1		3
2	1				7
1	8	7	9		6

Difficulty Level ★

©2013 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

5/27

*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

It does not matter how simple the questions you ask of colleagues and employers today, it's unlikely you will get a simple answer. That does not necessarily mean they are trying to deceive you but you must be on your guard, just in case.

Taurus April 21 - May 21

You will find it easy to be assertive over the next few days and that's good because you need to push your own interests more forcefully. But don't waste time trying to convert people to your point of view.

Gemini May 22 - June 21

You may feel as if you have lost your way a bit of late but there is no need to change direction. From Wednesday onwards things will start to look a bit clearer.

Cancer June 22 - July 23

Make the most of Venus in your birth sign to remind those you care for that whatever they do is all right by you. Let them know too that you intend to make them feel good about themselves, about you and about life in general.

Leo July 24 - Aug. 23

There is an art to relaxation and it is an art you will need to master over the next few days. There may be a dozen things you would like to be doing now but there is only one thing you must do — be kind to yourself.

Virgo Aug. 24 - Sept. 23

You may feel sorry for people who have lost their way but you aren't responsible for their troubles. There's some things that you can influence directly. Identify what they are.

Libra Sept. 24 - Oct. 23

Let others know what is on your mind by all means but don't say it in a way that might antagonize those you live and work with. Sometimes it is better to approach the truth from an angle.

Scorpio Oct. 24 - Nov. 22

If you get the chance to travel today you should take it, because later in the week your movements are likely to be restricted. You don't need an excuse to wander around a new neighborhood.

Sagittarius Nov. 23 - Dec. 21

Do you have the confidence and the know-how to step in and take control of a difficult situation? If so, by all means get involved. If not, stand back and let someone else take the leadership role. It does not have to be you every time.

Capricorn Dec. 22 - Jan. 20

Venus in the partnership area of your chart urges you to let loved ones know exactly how you feel about them — and yes, your feelings are warm and deep. It never hurts to spell it out.

Aquarius Jan. 21 - Feb. 19

Take it slow and easy as the new week begins. Things will generally go well for you but they will go even better if you make it a priority to patch up your differences with someone you work with.

Pisces Feb. 20 - March 20

You seem to be in a friendly and forgiving mood at the moment, which is good, but there is a danger you could get friendly with someone you need to be wary of.

**How's the news today?**

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metro

ONLY AT O'REGAN'S DARTMOUTH HYUNDAI

TUCSON 2K15

OVER 100 TO CHOOSE FROM, THE LARGEST
SELECTION IN ATLANTIC CANADA.

CLEAROUT



DEALER INVOICE
PRICING

SAVE UP TO \$2114*

LEASE FROM

\$52*

WEEKLY

OR

BUY FROM

\$57*

WEEKLY

BUY ANY CAR &
YOU COULD WIN
\$100,000

EVERY PURCHASE INCLUDES **FREE TRIP**
FOR TWO TO LAS VEGAS OR FLORIDA



5 YEAR
WARRANTY

5-year/100,000 km Comprehensive Limited Warranty†
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



CANADA'S
BEST
MANAGED
COMPANIES
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

109
YEARS AND COUNTING

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
902-465-7500
oreganshyundaidartmouth.com

*Offer is subject to change without notice. See O'Regan's Dartmouth Hyundai for more info. On select models. Dealer is reimbursed a holdback amount included in invoice price by the manufacturer for each vehicle sold. See Dealer for details. Skill testing question required. Fleet & commercial excluded.